

**ORTHROS ON SUNDAY, MARCH 22, 2020; TONE 7 / EOTHINON 7****THIRD SUNDAY OF GREAT LENT****VENERATION OF THE PRECIOUS AND LIFE-GIVING CROSS**

<b>Priest:</b> Blessed is our God, always, now and ever, and unto the ages of ages.	<b>الكاهن:</b> تَبَارَكَ اللهُ إِلَهُنَا كُلَّ حِينٍ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.
<b>Choir:</b> Amen.	<b>الجوقة:</b> آمين.
<i>The Priest performs the Great Censing around the entire church.</i>	هُنَا يُبَجِّرُ الكَاهِنُ الهيكل.
<b>Reader:</b> Holy God, Holy Mighty, Holy Immortal: have mercy on us. ( <i>thrice</i> )	<b>المرتل:</b> قُدُّوسُ اللهُ، قُدُّوسُ القَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ، اِرْحَمْنَا. (ثَلَاثًا)
Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.	المَجْدُ لِأَبِ والابنِ والروحِ القُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمين.
All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for Thy Name's sake. Lord, have mercy. ( <i>thrice</i> )	أَيُّهَا التَّالُوْتُ القُدُّوسِ اِرْحَمْنَا، يَا رَبُّ اغْفِرْ خَطَايَانَا، يَا سَيِّدُ تَجَاوَزْ عَن سَيِّئَاتِنَا، يَا قُدُّوسُ اطَّلِعْ وَاشْفِ أَمْرَاضَنَا، مِنْ أَجْلِ اسْمِكَ. يَا رَبُّ اِرْحَمْنَا. (ثَلَاثًا)
Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.	المَجْدُ لِأَبِ والابنِ والروحِ القُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمين.
Our Father, Who art in heaven, hallowed be Thy Name. Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from the evil one.	أَبَانَا الَّذِي فِي السَّمَاوَاتِ، لِيَتَقَدَّسَ اسْمُكَ، لِيَأْتِ مَلَكُوتُكَ، لِيَتَكُنْ مَشِيئَتُكَ كَمَا فِي السَّمَاءِ كَذَلِكَ عَلَى الأَرْضِ، خُبِّزْنَا الجَوْهَرِيَّ اعْطِنَا اليَوْمَ، وَاتْرُكْ لَنَا مَا عَلَيْنَا كَمَا نَتْرُكُ لِمَنْ لَنَا عَلَيْهِ، وَلَا تُدْخِلْنَا فِي التَّجْرِبَةِ، لَكِنْ نَجِّنَا مِنَ الشَّرِّيرِ.
<b>Priest:</b> For Thine is the kingdom, and the power, and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages.	<b>الكاهن:</b> لِأَنَّ لَكَ المُلْكُ والقُدْرَةُ والمَجْدُ، أَيُّهَا الأَبُ والابنِ والروحِ القُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.
<b>Reader:</b> Amen. O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.	<b>القارئ:</b> آمين. خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيراثَكَ، وَامْنَحْ عبيدَكَ المُؤْمِنِينَ الغَلْبَةَ عَلَى الشَّرِّيرِ، وَاحْفَظْ بِقُوَّةِ صَلَيبِكَ جَمِيعَ المُخْتَصِّينَ بِكَ.
<i>Glory to the Father, and to the Son, and to the Holy Spirit.</i>	المَجْدُ لِأَبِ والابنِ والروحِ القُدُسِ.

<p>Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.</p>	<p>يَا مَنْ اِزْتَفَعْتَ عَلَى الصَّلِيبِ مُخْتَاراً، أَيُّهَا الْمَسِيحُ الْإِلَهَ، اْمْنَحْ رَأْفَتَكَ لِشَعْبِكَ الْجَدِيدِ الْمُسَمَّى بِكَ، وَفَرِّحْ بِقُوَّتِكَ حُكَّامَنَا الْمُؤْمِنِينَ، مَا نَحْنُ إِيَّاهُمْ الْعَلَبَةَ عَلَى مُحَارِبِيهِمْ. لِتَكُنْ لَهُمْ مَعُونَتَكَ سِلَاحاً لِلسَّلَامِ، وَظَفِراً غَيْرَ مَقْهُورٍ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> O Champion dread, who cannot be put to confusion, despise not our petitions, O Good and All-praised Theotokos; establish the way of the Orthodox; save those who have been called upon to govern us, leading us to that victory which is from heaven, for thou art she who gavest birth to God, and alone art blessed.</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ. آمِينَ. أَيُّهَا الشَّفِيعَةُ الرَّهِيْبَةُ غَيْرُ الْمَخْذُولَةِ، يَا وَالِدَةَ الْإِلَهِ الْكَلِيَّةَ التَّسْبِيحِ، لَا تُعْرِضِي يَا صَالِحَةَ عَن تَوْسُلَاتِنَا، بَلْ وَطِّدِي سَبِيْرَةَ الْمُسْتَقِيْمِي الرِّأْيِ، وَخَلِّصِي الَّذِينَ أَمَرْتِ أَنْ يَتَمَلَّكُوا، وَامْنَحِيهِمْ الْعَلَبَةَ مِنَ السَّمَاءِ، بِمَا أَنَّكَ وُلِدْتِ الْإِلَهَ، أَيُّهَا الْمُبَارَكَةُ وَحْدَكَ.</p>
<b>LITANY</b>	
<p><b>Priest:</b> Have mercy on us, O God, according to Thy great goodness, we pray Thee, hearken and have mercy.</p>	<p><b>الكاهن:</b> اِرْحَمْنَا يَا اللهُ بِعَظِيْمِ رَحْمَتِكَ، نَطْلُبُ إِلَيْكَ فَاسْتَجِبْ وَارْحَم.</p>
<p><b>Choir:</b> Lord, have mercy. (<i>thrice</i>)</p>	<p><b>الجوقة:</b> يَا رَبُّ ارْحَم. (ثَلَاثًا)</p>
<p><b>Priest:</b> Again we pray for all pious and Orthodox Christians.</p>	<p><b>الكاهن:</b> وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ الْمَسِيحِيِّينَ الْحَسَنِي الْعِبَادَةِ الْأَرْثُوذُكْسِيِّينَ.</p>
<p><b>Choir:</b> Lord, have mercy. (<i>thrice</i>)</p>	<p><b>الجوقة:</b> يَا رَبُّ ارْحَم. (ثَلَاثًا)</p>
<p><b>Priest:</b> Again we pray for our Father and Metropolitan _____, and for Bishop _____, and all our brethren in Christ.</p>	<p><b>الكاهن:</b> وَأَيْضاً نَطْلُبُ مِنْ أَجْلِ آبِينَا وَمِتْرُوبُولِيْتِنَا (فُلَان) وَرَبِّيسِ كَهَنَتِنَا (فُلَان)، وَكُلِّ إِخْوَتِنَا فِي الْمَسِيحِ.</p>
<p><b>Choir:</b> Lord, have mercy. (<i>thrice</i>)</p>	<p><b>الجوقة:</b> يَا رَبُّ ارْحَم. (ثَلَاثًا)</p>
<p><b>Priest:</b> For Thou art a merciful God, and lovest mankind, and unto thee do we ascribe glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages.</p>	<p><b>الكاهن:</b> لِأَنَّكَ إِلَهٌ رَحِيْمٌ وَمُحِبٌّ لِلنَّبَشْرِ، وَلَكَ نُرْسِلُ الْمَجْدَ أَيُّهَا الْآبُ وَالابْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ.</p>
<p><b>Choir:</b> Amen. Bless, Father, in the Name of the Lord.</p>	<p><b>الجوقة:</b> آمِينَ، بِاسْمِ الرَّبِّ بَارِكْ يَا أَب.</p>
<p><b>Priest:</b> Glory to the Holy, Consubstantial, Life-giving and Undivided Trinity, always, now and ever, and unto ages of ages.</p>	<p><b>الكاهن:</b> الْمَجْدُ لِلثَّلَاوِثِ الْقُدُوسِ، الْمُتَسَاوِي فِي الْجَوْهَرِ، الْمُحْيِي، غَيْرِ الْمُنْقَسِمِ، كُلَّ حِينٍ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ.</p>

<b>Choir:</b> Amen.	<b>الجوقة:</b> آمين.
Glory to God in the highest, and on earth peace, and good will toward men. ( <i>thrice</i> )  O Lord, open Thou my lips, and my mouth shall show forth Thy praise. ( <i>twice</i> )	المَجْدُ لِلَّهِ فِي الْعُلَى، وَعَلَى الْأَرْضِ السَّلَامُ، وَفِي النَّاسِ الْمَسْرَةَ. (ثَلَاثًا) يَا رَبُّ افْتَحْ شَفْتِي فَيُخْبِرَ فَمِي بِتَسْبِيحَتِكَ. (مَرَّتَيْنِ)

### PSALM 3

O Lord, why are they multiplied that afflict me? Many rise up against me. Many say unto my soul: There is no salvation for him in his God. But Thou, O Lord, art my helper, my glory, and the lifter up of my head. I cried unto the Lord with my voice, and He heard me out of His holy mountain. I laid me down and slept; I awoke, for the Lord will help me. I will not be afraid of ten thousands of people that set themselves against me round about. Arise, O Lord, save me, O my God, for Thou hast smitten all who without cause are mine enemies; the teeth of sinners hast Thou broken. Salvation is of the Lord, and Thy blessing is upon Thy people. I laid me down and slept; I awoke, for the Lord will help me.	يَا رَبُّ لِمَاذَا كَثُرَ الَّذِينَ يُحْزِنُونَنِي؟ كَثِيرُونَ قَامُوا عَلَيَّ. كَثِيرُونَ يَقُولُونَ لِنَفْسِي لَا خَلَصَ لَهٗ بِإِلَهِهِ. وَأَنْتَ يَا رَبُّ، نَاصِرِي وَمَجْدِي وَرَافِعُ رَأْسِي. بِصَوْتِي إِلَى الرَّبِّ صَرَخْتُ، فَأَجَابَنِي مِنْ جَبَلِ قُدْسِهِ. أَنَا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنْصُرُنِي. فَلَا أَخَافُ مِنْ رِبَوَاتِ الشَّعْبِ الْمُحِيطِينَ بِي، الْمُتَوَازِرِينَ عَلَيَّ. فَمَّ يَا رَبُّ، خَلَصَنِي يَا إِلَهِي، فَإِنَّكَ صَرَبْتَ كُلَّ مَنْ يُعَادِينِي بَاطِلًا، وَسَحَقْتَ أَسْنَانَ الْخَطَاةِ. لِلرَّبِّ الْخَلَاصُ وَعَلَى شَعْبِكَ بَرَكَتُكَ. أَنَا رَقَدْتُ وَنِمْتُ ثُمَّ قُمْتُ، لِأَنَّ الرَّبَّ يَنْصُرُنِي.
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### PSALM 37

O Lord, rebuke me not in Thine anger, nor chasten me in Thy wrath. For Thine arrows are fastened in me, and Thou hast laid Thy hand heavily upon me. There is no healing in my flesh in the face of Thy wrath; and there is no peace in my bones in the face of my sins. For mine iniquities are risen higher than my head; as a heavy burden have they pressed heavily upon me. My bruises are become noisome and corrupt in the face of my folly. I have been wretched and utterly bowed down until the end; all the day long I went with downcast face. For my loins are filled with mocking, and there is no healing in my flesh. I am afflicted and humbled exceedingly, I have roared from the groaning of my heart. O Lord, before Thee is all my desire, and my groaning is not hid from Thee. My heart is troubled, my strength hath failed me; and the	يَا رَبُّ، لَا بَعْضَبِكَ تُؤَخِّنِي، وَلَا بِرِجْزِكَ تُؤَدِّبُنِي. فَإِنَّ سِهَامَكَ قَدْ نَشِبَتْ فِيَّ، وَمَكَّنْتَ عَلَيَّ يَدَكَ. لَيْسَ لِجَسَدِي شِفَاءٌ مِنْ وَجْهِ غَضَبِكَ، وَلَا سَلَامَةٌ فِي عِظَامِي مِنْ وَجْهِ خَطَايَايَ. لِأَنَّ آثَامِي قَدْ تَعَالَتْ فَوْقَ رَأْسِي، كَحِمْلٍ ثَقِيلٍ قَدْ ثَقَلَتْ عَلَيَّ. قَدْ أَنْتَنَتْ وَقَاحَتْ جِرَاحَاتِي مِنْ قِبَلِ جَهَالَتِي. شَقِيئٌ وَأُنْحَنِيئٌ إِلَى الْغَايَةِ، وَالنَّهَارَ كُلَّهُ مَسِيئٌ عَابِسًا. لِأَنَّ مَنِّي قَدْ امْتَلَأَ مَهَازِيٌّ وَلَيْسَ لِجَسَدِي شِفَاءٌ. شَقِيئٌ وَأَتَّصَعْتُ جِدًّا، وَكُنْتُ أَيْنُ مِنْ تَتَهَدَّى قَلْبِي. يَا رَبُّ، إِنَّ بُعْيَتِي كُلَّهَا أَمَامَكَ، وَتَتَهَدَّى لَمْ يَخْفَ عَنكَ. قَدْ اضْطَرَبَ قَلْبِي وَفَارَقْتَنِي قُوَّتِي، وَنُورُ عَيْنِي أَيْضًا لَمْ يَبْقَ مَعِي. أَصْدِقَائِي
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light of mine eyes, even this is not with me. My friends and my neighbors drew nigh over against me and stood, and my nearest of kin stood afar off. And they that sought after my soul used violence; and they that sought evils for me spake vain things, and craftiness all the day long did they meditate. But as for me, like a deaf man I heard them not, and was as a speechless man that openeth not his mouth. And I became as a man that heareth not, and that hath in his mouth no reproofs. For in Thee have I hoped, O Lord; Thou wilt hearken unto me, O Lord my God. For I said: Let never mine enemies rejoice over me; yea, when my feet were shaken, those men spake boastful words against me. For I am ready for scourges, and my sorrow is continually before me. For I will declare mine iniquity, and I will take heed concerning my sin. But mine enemies live and are made stronger than I, and they that hated me unjustly are multiplied. They that render me evil for good slandered me, because I pursued goodness. Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

Forsake me not, O Lord my God, depart not from me. Be attentive unto my help, O Lord of my salvation.

وَأَقْرِبَائِي دَنَوْا مِنِّي وَوَقَفُوا لَدَيَّ، وَجِنْسِي وَقَفَ مِنِّي بَعِيدًا. وَأَجْهَدَنِي الَّذِينَ يَطْلُبُونَ نَفْسِي، وَالْمُلْتَمِسُونَ لِي الشَّرَّ تَكَلَّمُوا بِالْبَاطِلِ، وَعُشُوشَا طُولَ النَّهَارِ دَرَسُوا. أَمَّا أَنَا فَكَأَصَمٌ لَا يَسْمَعُ، وَكَأَخْرَسٌ لَا يَفْتَحُ فَاهَهُ. وَصِرْتُ كَأِنْسَانٍ لَا يَسْمَعُ وَلَا فِي فَمِهِ تَبْكِيَةٌ. لِأَيِّ عَلَيْكَ، يَا رَبُّ، تَوَكَّلْتُ، أَنْتَ تَسْتَجِيبُ لِي يَا رَبِّي وَالْهِي. لِأَيِّ قُلْتُ لَا يَشْمَتُ بِي أَعْدَائِي، وَعِنْدَمَا زَلَّتْ قَدَمَايَ عَظَّمُوا عَلَيَّ الْكَلَامَ. لِأَيِّ أَنَا لِلضَّرْبِ مُسْتَعِدٌّ، وَوَجَعِي لَدَيَّ فِي كُلِّ حِينٍ. لِأَيِّ أَنَا أَخْبِرُ بِإِثْمِي، وَأَهْتَمُّ مِنْ أَجْلِ خَطِيئَتِي. أَمَّا أَعْدَائِي فَأَحْيَاءُ، وَهُمْ أَشَدُّ مِنِّي، وَقَدْ كَثُرَ الَّذِينَ يُبْغِضُونَنِي ظُلْمًا، الَّذِينَ جَارُونِي بَدَلَ الْخَيْرِ شَرًّا، مَحَلُّوا بَنِي لِأَجْلِ ابْتِغَائِي الصَّلَاحِ. فَلَا تُهْمَلْنِي يَا رَبِّي وَالْهِي وَلَا تَتْبَاعِدْ عَنِّي. أَسْرِعْ إِلَى مَعُونَتِي يَا رَبُّ خَلَاصِي.

فَلَا تُهْمَلْنِي يَا رَبِّي وَالْهِي وَلَا تَتْبَاعِدْ عَنِّي. أَسْرِعْ إِلَى مَعُونَتِي يَا رَبُّ خَلَاصِي.

## PSALM 62

O God, my God, unto Thee I rise early at dawn. My soul hath thirsted for Thee; how often hath my flesh longed after Thee in a land barren and untrodden and unwatered. So in the sanctuary have I appeared before Thee to see Thy power and Thy glory. For Thy mercy is better than lives; my lips shall praise Thee. So shall I bless Thee in my life, and in Thy name will I lift up my hands. As with marrow and fatness let my soul be filled, and with lips rejoicing shall my mouth praise Thee. If I remembered Thee on my bed, at the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee; Thy right hand hath been quick to help me. But as for these, in vain have they sought after my soul; they shall go into the

يَا اللَّهُ إِلَهِي إِلَيْكَ أَبْتَكِرُ. عَطِشَتْ إِلَيْكَ نَفْسِي، وَاشْتَقَاقٌ إِلَيْكَ جَسَدِي، فِي أَرْضٍ بَرِّيَّةٍ وَغَيْرِ مَسْلُوكَةٍ وَعَادِمَةِ الْمَاءِ. هَكَذَا ظَهَرْتُ لَكَ فِي الْقُدْسِ لِأَعْيُنِ قُوَّتِكَ وَمَجْدِكَ. لِأَنَّ رَحْمَتَكَ أَفْضَلُ مِنَ الْحَيَاةِ، وَشَفْتِي تُسَبِّحَانِكَ. هَكَذَا أَبَارِكُكَ فِي حَيَاتِي وَبِاسْمِكَ أَرْفَعُ يَدَيَّ، فَتَمْتَلِي نَفْسِي كَمَا مِنْ شَحْمٍ وَدَسَمٍ، وَبِشِفَاهِ الْإِبْتِهَاجِ يُسَبِّحُكَ فَمِي. إِذَا ذَكَرْتُكَ عَلَى فِرَاشِي، هَذَا بَكَ فِي الْأَسْحَارِ، لِأَنَّكَ صِرْتَ لِي عَوْنًا وَبِظِلِّ جَنَاحَيْكَ أَسْتَتِرُ. ائْتَصَقَتْ نَفْسِي بِكَ، وَإِيَّايَ عَضَدَتْ يَمِينُكَ. أَمَّا الَّذِينَ يَطْلُبُونَ نَفْسِي بِاطِلًا،

nethermost parts of the earth, they shall be surrendered unto the edge of the sword; portions for foxes shall they be. But the king shall be glad in God, everyone shall be praised that sweareth by Him; for the mouth of them is stopped that speak unjust things.

At the dawn I meditated on Thee. For Thou art become my helper; in the shelter of Thy wings will I rejoice. My soul hath cleaved after Thee; Thy right hand hath been quick to help me.

*Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*

Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE)

Lord, have mercy. (THRICE)

*Glory to the Father, and to the Son, and to the Holy Spirit.*

فَسَيَذْلُونَ فِي أَسْفَلِ الْأَرْضِ، وَيُدْفَعُونَ إِلَى  
أَيْدِي السُّيُوفِ، وَيَكُونُونَ أَنْصِبَةً لِلتَّعَالِبِ. أَمَّا  
الْمَلِكُ فَيَسْرُ بِاللَّهِ، وَيُمْتَدِّحُ كُلُّ مَنْ يَخْلِفُ بِهِ،  
لَأَنَّهُ قَدْ سَدَّتْ أَفْوَاهُ الْمُتَكَلِّمِينَ بِالظُّلْمِ.

هَذَاذُ بِكَ فِي الْأَسْحَارِ لِأَنَّكَ صِرْتَ لِي عَوْنًا،  
وَبِظِلِّ جَنَاحَيْكَ أَسْتَتِرُ. الْتَصَقَتْ نَفْسِي بِكَ،  
وَإِيَّايَ عَضَدْتَ يَمِينِكَ.

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ  
أَوَانٍ، وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.

هَلِّلُويَا، هَلِّلُويَا، هَلِّلُويَا، الْمَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثًا)  
يَا رَبُّ ارْحَمِ. (ثَلَاثًا)

الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ.

#### PSALM 87

*Both now and ever, and unto ages of ages. Amen.*  
O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication, for filled with evils is my soul, and my life unto Hades hath drawn nigh. I am counted with them that go down into the pit; I am become as a man without help, free among the dead, like the bodies of the slain that sleep in the grave, whom Thou rememberest no more, and they are cut off from Thy hand. They laid me in the lowest pit, in darkness and in the shadow of death. Against me is Thine anger made strong, and all Thy billows hast Thou brought upon me. Thou hast removed my friends afar from me; they have made me an abomination unto themselves. I have been delivered up, and have not come forth; mine eyes are grown weak from poverty. I have cried unto Thee, O Lord, the whole day long; I have stretched out my hands unto Thee. Nay, for the dead wilt Thou work wonders? Or shall physicians raise them up that they may give thanks unto Thee? Nay, shall any in the grave tell of Thy mercy, and of Thy truth in that destruction? Nay, shall Thy wonders be known in that darkness,

الْآنَ وَكُلَّ أَوَانٍ، وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.  
يَا رَبُّ إِلَهَ خَلَاصِي، فِي النَّهَارِ صَرَخْتُ وَفِي  
اللَّيْلِ أَمَامَكَ، فَلْتَدْخُلْ قُدَامَكَ صَلَاتِي، أَمِلْ أُذُنَكَ  
إِلَى طَلِبَتِي، فَقَدْ امْتَلَأْتُ مِنَ الشَّرُورِ نَفْسِي،  
وَدَنْتُ مِنَ الْجَحِيمِ حَيَاتِي. حُسِبْتُ مَعَ الْمُنْحَدِرِينَ  
فِي الْجُبِّ، صِرْتُ مِثْلَ إِنْسَانٍ لَيْسَ لَهُ مُعِينٌ،  
مَطْرُوحًا بَيْنَ الْأَمْوَاتِ مِثْلَ الْقَتْلَى الرَّاقِدِينَ فِي  
الْقُبُورِ، الَّذِينَ لَا تَذْكُرُهُمْ أَيْضًا، وَهُمْ مِنْ يَدِكَ  
مُقْصُونَ. جَعَلُونِي فِي جُبِّ أَسْفَلِ السَّافِلِينَ، فِي  
ظُلُمَاتِ الْمَوْتِ وَظِلَالِهِ. عَلَيَّ اسْتَقَرَّ غَضَبُكَ،  
وَجَمِيعُ أَهْوَالِكَ أَجْرَتْهَا عَلَيَّ. أَبْعَدْتَ عَنِّي  
مَعَارِفِي، جَعَلُونِي لَهُمْ رَجَاسَةً. قَدْ أُسْلِمْتُ وَمَا  
خَرَجْتُ، وَعَيْنَايَ ضَعُفَتْ مِنَ الْمَسْكَنَةِ. صَرَخْتُ  
إِلَيْكَ، يَا رَبُّ، النَّهَارَ كُلَّهُ وَإِلَيْكَ بَسَطْتُ يَدَيَّ.  
أَلْعَلَّكَ لِلْأَمْوَاتِ تَصْنَعُ الْعَجَائِبَ؟ أَمْ الْأَطِبَّاءُ  
يُقِيمُونَهُمْ، فَيَعْتَرِفُونَ لَكَ؟ هَلْ يُحَدِّثُ أَحَدٌ فِي  
الْقَبْرِ بِرَحْمَتِكَ، وَفِي الْهَلَاكِ بِحَقِّكَ؟ هَلْ تَعْرِفُ

and Thy righteousness in that land that is forgotten? But as for me, unto Thee, O Lord, have I cried; and in the morning shall my prayer come before Thee. Wherefore, O Lord, dost Thou cast off my soul and turnest Thy face away from me? A poor man am I, and in troubles from my youth; yea, having been exalted, I was humbled and brought to distress. Thy furies have passed upon me, and Thy terrors have sorely troubled me. They came round about me like water, all the day long they compassed me about together. Thou hast removed afar from me friend and neighbor, and mine acquaintances because of my misery.

O Lord God of my salvation, by day have I cried and by night before Thee. Let my prayer come before Thee, bow down Thine ear unto my supplication.

في الظلمة عجائبك، وعدلك في أرض منسية؟ وأنا إليك، يا رب، صرخت فتبلغك في العداة صلاتي. لماذا، يا رب، تفضي نفسي وتصرف وجهك عني؟ فقير أنا، وفي الشقاء منذ شبابي، وحين ارتفعت اتضعت وتحيّرت. عليّ جاز رجرك، ومفزعائك أزعجتني. أحاطت بي كالماء، والنهار كله اكتنفتني معاً. أبعدت عني الصديق والقريب ومعارفي من الشقاء.

يا رب إله خلاصي، في النهار صرخت وفي الليل أمامك، فلتدخل قدامك صلاتي، أمل أذنك إلى طلبتي.

#### PSALM 102

Bless the Lord, O my soul, and all that is within me bless His holy name. Bless the Lord, O my soul, and forget not all that He hath done for thee, Who is gracious unto all thine iniquities, Who healeth all thine infirmities, Who redeemeth thy life from corruption, Who crowneth thee with mercy and compassion, Who fulfilleth thy desire with good things; thy youth shall be renewed as the eagle's. The Lord performeth deeds of mercy, and executeth judgment for all them that are wronged. He hath made His ways known unto Moses, unto the sons of Israel the things that He hath willed. Compassionate and merciful is the Lord, long-suffering and plenteous in mercy; not unto the end will He be angered; neither unto eternity will He be wroth. Not according to our iniquities hath He dealt with us, neither according to our sins hath He rewarded us. For according to the height of heaven from the earth, the Lord hath made His mercy to prevail over them that fear Him. As far as the east is from the west, so far hath He removed our iniquities from us. Like as a father hath compassion upon his sons, so hath the Lord had compassion upon them that fear Him; for He knoweth whereof we are made, He hath remembered that we are dust.

باركي يا نفسي الرب، ويا جميع ما في داخلي اسمه القدوس. باركي يا نفسي الرب، ولا تنسي جميع مكافاته. الذي يغير جميع آثامك، الذي يشفي جميع أمراضك، الذي ينجي من الفساد حياتك، الذي يكللك بالرحمة والرأفة، الذي يشبع بالخيرات شهواتك، فيتجدد كالنسر شابك. الرب صانع الرحمت والقضاء لجميع المظلومين. عرف موسى طريقه، وبني إسرائيل مشيئاته. الرب رحيم ورؤوف، طويل الأناة وكثير الرحمة، ليس إلى الإنقضاء ينحط، ولا إلى الدهر يحقد. لا على حسب آثامنا صنع معنا، ولا على حسب خطايانا جازانا. لأنه بمقدار ارتفاع السماء عن الأرض، قوى الرب رحمته على الذين يتقونه، وبمقدار بُعد المشرق من المغرب أبعد عنا سيئاتنا. كما يتراءف الأب بالبنين، يتراءف الرب بخائفه، لأنه عرف جبلتنا وذكر أننا تراب نحن. الإنسان كالعشب أيامه وكزهو الحقل

As for man, his days are as the grass; as a flower of the field, so shall he blossom forth. For when the wind is passed over it, then it shall be gone, and no longer will it know the place thereof. But the mercy of the Lord is from eternity, even unto eternity, upon them that fear Him. And His righteousness is upon sons of sons, upon them that keep His testament and remember His commandments to do them. The Lord in heaven hath prepared His throne, and His kingdom ruleth over all. Bless the Lord, all ye His angels, mighty in strength, that perform His word, to hear the voice of His words. Bless the Lord, all ye His hosts, His ministers that do His will. Bless the Lord, all ye His works, in every place of His dominion. Bless the Lord, O my soul.

In every place of His dominion, bless the Lord, O my soul.

كَذَلِكَ يُزْهِرُ، لِأَنَّهُ إِذَا هَبَّتْ فِيهِ الرِّيحُ لَيْسَ يَثْبُتُ  
وَلَا يُعْرَفُ أَيْضًا مَوْضِعُهُ. أَمَّا رَحْمَةُ الرَّبِّ فَهِيَ  
مُنْذُ الدَّهْرِ، وَإِلَى الدَّهْرِ عَلَى الَّذِينَ يَتَّقُونَهُ،  
وَعَدْلُهُ عَلَى أُنْبَاءِ الْبَنِينَ الْحَافِظِينَ عَهْدَهُ  
وَالذَّاكِرِينَ وَصَايَاهُ لِيَصْنَعُوهَا. الرَّبُّ هِيَآ عَرْشُهُ  
فِي السَّمَاءِ، وَمَمْلَكَتُهُ تَسُودُ عَلَى الْجَمِيعِ. بَارِكُوا  
الرَّبَّ يَا جَمِيعَ مَلَائِكَتِهِ، الْمُقْتَدِرِينَ بِقُوَّةِ، الْعَامِلِينَ  
بِكَلِمَتِهِ عِنْدَ سَمَاعِ صَوْتِ كَلَامِهِ. بَارِكُوا الرَّبَّ يَا  
جَمِيعَ قُوَّاتِهِ، يَا خُدَّامَهُ الْعَامِلِينَ إِرَادَتَهُ. بَارِكُوا  
الرَّبَّ يَا جَمِيعَ أَعْمَالِهِ، فِي كُلِّ مَوْضِعِ سِيَادَتِهِ.  
بَارِكِي يَا نَفْسِي الرَّبَّ.  
فِي كُلِّ مَوْضِعِ سِيَادَتِهِ. بَارِكِي يَا نَفْسِي الرَّبَّ.

#### PSALM 142

O Lord, hear my prayer, give ear unto my supplication in Thy truth; hearken unto me in Thy righteousness. And enter not into judgment with Thy servant, for in Thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath humbled my life down to the earth. He hath sat me in darkness as those that have been long dead, and my spirit within me is become despondent; within me my heart is troubled. I remembered days of old, I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsteth after Thee like a waterless land. Quickly hear me, O Lord; my spirit hath fainted away. Turn not Thy face away from me, lest I be like unto them that go down into the pit. Cause me to hear Thy mercy in the morning; for in Thee have I put my hope. Cause me to know, O Lord, the way wherein I should walk; for unto Thee have I lifted up my soul. Rescue me from mine enemies, O Lord; unto Thee have I fled for refuge. Teach me to do Thy will, for Thou art my God. Thy good Spirit shall lead me in the land of uprightness; for Thy name's sake, O Lord, shalt Thou quicken me. In Thy

يَا رَبُّ اسْتَمِعْ صَلَاتِي، وَأَنْصِتْ بِحَقِّكَ إِلَى  
طِلْبَتِي. اسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي  
الْمُحَاكَمَةِ مَعَ عَبْدِكَ، فَإِنَّهُ لَنْ يَتَزَكَّى أَمَامَكَ أَيُّ  
حَيٍّ. لِأَنَّ الْعَدُوَّ قَدْ اضْطَهَدَ نَفْسِي، وَأَدَلَّ إِلَى  
الْأَرْضِ حَيَاتِي، وَأَجْلَسَنِي فِي الظُّلُمَاتِ مِثْلَ  
الْمَوْتَى مُنْذُ الدَّهْرِ، فَضَجِرْتُ رُوحِي وَاضْطَرَبَ  
قَلْبِي فِي دَاخِلِي. تَذَكَّرْتُ الْأَيَّامَ الْقَدِيمَةَ. هَدَدْتُ  
فِي كُلِّ أَعْمَالِكَ، وَتَأَمَّلْتُ فِي صَنَائِعِ يَدَيْكَ.  
بَسَطْتُ يَدَيَّ إِلَيْكَ وَنَفْسِي لَكَ كَأَرْضٍ لَا تُمْطَرُ.  
أَسْرِعْ فَاسْتَجِبْ لِي يَا رَبُّ، فَقَدْ فَنَيْتُ رُوحِي. لَا  
تَصْرِفْ وَجْهَكَ عَنِّي، فَأُشَابِهَ الْهَابِطِينَ فِي  
الْجُبِّ. اجْعَلْنِي فِي الْغَدَاةِ مُسْتَمِعًا رَحْمَتَكَ، فَإِنِّي  
عَلَيْكَ تَوَكَّلْتُ. عَرَّفْنِي يَا رَبُّ الطَّرِيقَ الَّذِي أَسْلُكُ  
فِيهِ، فَإِنِّي إِلَيْكَ رَفَعْتُ نَفْسِي. أَنْقِذْنِي مِنْ أَعْدَائِي  
يَا رَبُّ، فَإِنِّي قَدْ لَجَأْتُ إِلَيْكَ. عَلَّمْنِي أَنْ أَعْمَلَ  
مَرْضَاتِكَ، لِأَنَّكَ أَنْتَ إِلَهِي. رُوحَكَ الصَّالِحَ  
يَهْدِينِي فِي أَرْضٍ مُسْتَقِيمَةٍ. مِنْ أَجْلِ اسْمِكَ، يَا

<p>righteousness shalt Thou bring my soul out of affliction, and in Thy mercy shalt Thou utterly destroy mine enemies. And Thou shalt cut off all them that afflict my soul, for I am Thy servant.</p> <p>O Lord, give ear unto my supplication and enter not into judgment with Thy servant. (TWICE)</p> <p>Thy good Spirit shall lead me in the land of uprightness.</p>	<p>رَبِّ، تُحْيِينِي. بِعَدْلِكَ تُخْرِجُ مِنِ الْحُزْنِ نَفْسِي، وَبِرَحْمَتِكَ تَسْتَأْصِلُ أَعْدَائِي، وَتُهْلِكُ جَمِيعَ الَّذِينَ يُحْزِنُونَ نَفْسِي لِأَنِّي أَنَا عَبْدُكَ.</p> <p>إِسْتَجِبْ لِي بِعَدْلِكَ، وَلَا تَدْخُلْ فِي الْمُحَاكَمَةِ مَعَ عَبْدِكَ. (مَرَّتَيْنِ)</p> <p>رُوحَكَ الصَّالِحَ يَهْدِينِي فِي أَرْضٍ مُسْتَقِيمَةٍ.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.</i></p> <p>Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (THRICE)</p> <p>O our God and our Hope, glory to Thee!</p>	<p>الْمَجْدُ لِلآبِ وَالابْنِ وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.</p> <p>هَلِّلُوبِيَا، هَلِّلُوبِيَا، هَلِّلُوبِيَا، الْمَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثًا)</p> <p>يَا إِلَهَنَا وَرَجَاءَنَا الْمَجْدُ لَكَ.</p>
<b>THE GREAT LITANY</b>	
<b>Priest:</b> In peace let us pray to the Lord.	<b>الكاهن:</b> بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ.
<b>Choir:</b> Lord, have mercy.	<b>الجوقة:</b> يَا رَبُّ ارْحَمِ.
<b>Priest:</b> For the peace from above, and for the salvation of our souls, let us pray to the Lord.	<b>الكاهن:</b> مِنْ أَجْلِ السَّلَامِ الَّذِي مِنَ الْعُلَى وَخَلَاصِ نَفُوسِنَا، إِلَى الرَّبِّ نَطْلُبُ.
<b>Choir:</b> Lord, have mercy.	<b>الجوقة:</b> يَا رَبُّ ارْحَمِ.
<b>Priest:</b> For the peace of the whole world; for the good estate of the holy churches of God, and for the union of all men, let us pray to the Lord.	<b>الكاهن:</b> مِنْ أَجْلِ سَلَامِ كُلِّ الْعَالَمِ، وَحُسْنِ ثَبَاتِ كَنَائِسِ اللَّهِ الْمُقَدَّسَةِ، وَإِتْحَادِ الْجَمِيعِ، إِلَى الرَّبِّ نَطْلُبُ.
<b>Choir:</b> Lord, have mercy.	<b>الجوقة:</b> يَا رَبُّ ارْحَمِ.
<b>Priest:</b> For this holy House, and for those who with faith, reverence, and fear of God enter therein, let us pray to the Lord.	<b>الكاهن:</b> مِنْ أَجْلِ هَذَا الْبَيْتِ الْمُقَدَّسِ، وَالَّذِينَ يَدْخُلُونَ إِلَيْهِ بِإِيمَانٍ وَوَرَعٍ وَخَوْفِ اللَّهِ، إِلَى الرَّبِّ نَطْلُبُ.
<b>Choir:</b> Lord, have mercy.	<b>الجوقة:</b> يَا رَبُّ ارْحَمِ.
<b>Priest:</b> For our father and Metropolitan N., (and for our Bishop N.), for the venerable Priesthood, the Diaconate in Christ, for all the clergy and the people, let us pray to the Lord.	<b>الكاهن:</b> مِنْ أَجْلِ آبِينَا وَمِتْرُوبُولِيْتِنَا (فُلَانٍ) وَرَبَّائِسِ كَهَنَتِنَا (فُلَانٍ)، وَالْكَهَنَةِ الْمُكْرَمِينَ، وَالشَّمَامِسَةَ، خُدَّامِ الْمَسِيحِ، وَجَمِيعِ الْإِكْلِيْرُوسِ وَالشَّعْبِ، إِلَى الرَّبِّ نَطْلُبُ.
<b>Choir:</b> Lord, have mercy.	<b>الجوقة:</b> يَا رَبُّ ارْحَمِ.
<b>Priest:</b> For Metropolitan PAUL, Archbishop	<b>الكاهن:</b> مِنْ أَجْلِ الْمِتْرُوبُولِيْتِ بُولُسَ وَالْمِطْرَانِ



JOHN, and for their quick release from captivity and safe return, let us pray to the Lord.	يوحنا وفك أسرهما وعودتهما سالمين، إلى الرب نطلب.
<b>Choir:</b> Lord, have mercy.	الجوقة: يا رب ارحم.
<b>(In the U.S.) Priest:</b> For the President of the United States and all civil authorities and for our Armed Forces everywhere, let us pray to the Lord.	<b>(في أمريكا) الكاهن:</b> من أجل حكام هذا البلد، ومؤازرتهم في كل عمل صالح، إلى الرب نطلب.
<b>(In Canada) Priest:</b> For Her Majesty, the Queen, for the Prime Minister of Canada, and all civil authorities and for our Armed Forces everywhere, let us pray to the Lord.	<b>(في كندا) الكاهن:</b> من أجل جلالة الملكة ورئيس وزراء كندا وسطاتها المدنية وقواتها العسكرية، إلى الرب نطلب.
<b>Choir:</b> Lord, have mercy.	الجوقة: يا رب ارحم.
<b>Priest:</b> For this city, and for every city and land, and for the faithful, who dwell therein; let us pray to the Lord.	<b>الكاهن:</b> من أجل هذه المدينة، وجميع المدن والقرى، والمؤمنين الساكنين فيها، إلى الرب نطلب.
<b>Choir:</b> Lord, have mercy.	الجوقة: يا رب ارحم.
<b>Priest:</b> For healthful seasons, for abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.	<b>الكاهن:</b> من أجل اعتدال الأهوية، وخصب ثمار الأرض وأوقات سلامية، إلى الرب نطلب.
<b>Choir:</b> Lord, have mercy.	الجوقة: يا رب ارحم.
<b>Priest:</b> For travelers by sea, by land, and by air; for the sick and the suffering; for captives and their salvation, let us pray to the Lord.	<b>الكاهن:</b> من أجل المسافرين في البحر والبر والجو، والمرضى والمتألمين والأسرى، وخلصهم، إلى الرب نطلب.
<b>Choir:</b> Lord, have mercy.	الجوقة: يا رب ارحم.
<b>Priest:</b> For our deliverance from all tribulation, wrath, danger, and necessity, let us pray to the Lord.	<b>الكاهن:</b> من أجل نجابتنا من كل ضيق وغضب وخطر وشدة إلى الرب نطلب.
<b>Choir:</b> Lord, have mercy.	الجوقة: يا رب ارحم.
<b>Priest:</b> Help us; save us; have mercy on us; and keep us, O God, by Thy grace.	<b>الكاهن:</b> أعضد وخلص وارحم واحفظنا يا الله بنعمتك.
<b>Choir:</b> Lord, have mercy.	الجوقة: يا رب ارحم.
<b>Priest:</b> Calling to remembrance our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-Virgin Mary, with all the Saints, let us commend ourselves and each	<b>الكاهن:</b> بعد ذكرنا الكلية القداسة الطاهرة الفائقة البركات المجيدة، سيدتنا والدة الإله الدائمة البولية مريم، مع جميع القديسين، لنودع أنفسنا

other, and all our life unto Christ our God.	وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ.
<b>Choir:</b> To Thee, O Lord.	الجوقة: لَكَ يَا رَبِّ.
<b>Priest:</b> For unto Thee are due all glory, honor, and worship: to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages.	الكاهن: لِأَنَّهُ يَنْبَغِي لَكَ كُلُّ تَمْجِيدٍ وَإِكْرَامٍ وَسُجُودٍ، أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.
<b>Choir:</b> Amen.	الجوقة: آمين.

### “GOD IS THE LORD” IN TONE SEVEN

<b>Chanter:</b> God is the Lord and hath appeared unto us. Blessed is He that cometh in the Name of the Lord. ( <i>Repeat after verses</i> )	المُرْتِّل: اللَّهُ الرَّبُّ ظَهَرَ لَنَا، مُبَارَكٌ الْآتِي بِاسْمِ الرَّبِّ. (تعاد بعد الإستيخونات)
1. O give thanks unto the Lord, and call upon His holy Name.	1 - إَعْتَرِفُوا لِلرَّبِّ وَادْعُوا بِاسْمِهِ الْقُدُّوسِ.
2. All nations compassed me about, but in the Name of the Lord will I destroy them.	2- كُلُّ الْأُمَمِ أَحَاطَتْ بِي وَبِاسْمِ الرَّبِّ فَهَزَّتْهَا.
3. This is the Lord’s doing; it is marvelous in our eyes.	3 - مِنْ قَبْلِ الرَّبِّ كَانَتْ هَذِهِ وَهِيَ عَجِيبَةٌ فِي أَعْيُنِنَا.

### RESURRECTIONAL APOLYTIKION IN TONE SEVEN

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.	حَطَمْتَ بِصَلِيبِكَ الْمَوْتَ، وَفَتَحْتَ لِلصِّ الْفِرْدَوْسَ، وَحَوَّلْتَ نَوْحَ حَامِلَاتِ الطِّيبِ، وَأَمَرْتَ رُسُلَكَ أَنْ يَكْرِزُوا، بِأَنَّكَ قَدْ قُمْتَ أَيُّهَا الْمَسِيحُ الْإِلَهِ، مَانِحاً الْعَالَمَ الرَّحْمَةَ الْعَظْمَى.
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### APOLYTIKION FOR THE HOLY CROSS IN TONE ONE

<i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.	المَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ. خَلِّصْ يَا رَبُّ شَعْبَكَ، وَبَارِكْ مِيرَاثَكَ، وَامْنَحْ عَيْبِدَكَ الْمُؤْمِنِينَ الْعَلْبَةَ عَلَى الشِّرِيرِ، وَاحْفَظْ بِقُوَّةِ صَلِيبِكَ جَمِيعَ الْمُخْتَصِّينَ بِكَ.
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### RESURRECTIONAL THEOTOKION IN TONE ONE

<i>Both now and ever, and unto ages of ages. Amen.</i> As Gabriel cried aloud unto thee, “Hail, O Virgin,” with that cry did the Lord of all become incarnate in thee, O holy ark, as spake the righteous David; and Thou wast revealed as more spacious than the heavens,	الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمين. إِنَّ جِبْرَائِيلَ لَمَّا تَقَوَّه نَحْوَكِ أَيُّهَا الْعَذْرَاءُ بِالسَّلَامِ، فَمَعَ الصَّوْتِ تَجَسَّدَ سَيِّدُ الْكُلِّ فِيكَ، أَيُّهَا السَّفِينَةُ الْمُقَدَّسَةُ، كَمَا قَالَ دَاوُدُ الصِّدِّيقِ.
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<p>in that thou bore thy Creator. Wherefore, glory to Him Who abode in thee; glory to Him Who came from thee; glory to Him, Who through thy birth-giving hath set us free.</p>	<p>وظَهَرْتَ أَرْحَبَ مِنَ السَّمَاوَاتِ حَامِلَةً خَالِقِكِ. فَالْمَجْدُ لِلَّذِي حَلَّ فِيكَ، الْمَجْدُ لِلَّذِي أَتَى مِنْكَ، الْمَجْدُ لِلَّذِي أَعْتَقَنَا بِوِلَادَتِهِ مِنْكَ.</p>
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### THE LITTLE LITANY

<p><b>Priest:</b> Again and again, in peace, let us pray to the Lord. <b>Choir:</b> Lord, have mercy. <b>Priest:</b> Help us; save us; have mercy on us; and keep us, O God, by Thy grace. <b>Choir:</b> Lord, have mercy. <b>Priest:</b> Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God. <b>Choir:</b> To Thee, O Lord. <b>Priest:</b> For Thine is the majesty, and Thine is the kingdom, and the power and the glory: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages. <b>Choir:</b> Amen.</p>	<p>الكاهن: أَيْضاً وَأَيْضاً بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. الجوق: يَا رَبُّ أَرْحَمِ. الكاهن: أَعْضُدْ وَخَلِّصْ وَارْحَمْ وَاحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ. الجوق: يَا رَبُّ أَرْحَمِ. الكاهن: بَعْدَ ذِكْرِنَا الْكَلِيَّةِ الْقَدَّاسَةِ، الطَاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتْنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةَ الْبَتُولِيَّةِ مَرِيَمَ مَعَ جَمِيعِ الْقَدِيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضاً وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ. الجوق: لَكَ يَا رَبُّ. الكاهن: لِأَنَّ لَكَ الْعِزَّةَ وَلَكَ الْمُلْكَ وَالْقُوَّةَ وَالْمَجْدَ أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّسُ، الْآنَ وَكُلَّ أَوَانٍ وَالِي دَهْرِ الدَّاهِرِينَ. الجوق: آمِينَ.</p>
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### SEVENTH TONE RESURRECTIONAL KATHISMATA (Plain Reading)

#### First Kathisma

<p>Verily, Life was placed in a grave, and a seal was placed on the stone, and the soldiers guarded Christ as they would a slumbering king. The angels, therefore, did glorify Him; for He was a deathless God, and the women cried, saying: The Lord hath risen, Who giveth the world Great Mercy.</p> <p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> O Lord Christ, Thou hast led Death captive by Thy three-day burial, and didst raise corrupt man by Thy life-bearing Resurrection. Wherefore, glory to Thee, O Thou alone the Lover of mankind. (Theotokion of the Resurrectional</p>	<p>إِنَّ الْحَيَاةَ قَدْ وُضِعَ فِي الرَّمْسِ، وَجُعِلَ خَتْمٌ عَلَى الْحَجَرِ، وَالْجُنْدُ حَرَسُوا الْمَسِيحَ كَأَنَّهُ مَلِكٌ رَاقِدٌ. فَالْمَلَائِكَةُ مَجَّدُوهُ بِمَا أَنَّهُ إِلَهٌ غَيْرُ مَائِتٍ، وَالنِّسْوَةُ هَتَفْنَ قَائِلَاتٍ: قَدْ قَامَ الرَّبُّ الْمَانِحُ الْعَالَمَ الرَّحْمَةَ الْعُظْمَى. المجد للآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُّسِ. أَيُّهَا الْمَسِيحُ الْإِلَهِ، إِنَّكَ سَبَيْتَ الْمَوْتَ بِدَفْنِكَ الثَّلَاثِيِّ الْأَيَّامِ، وَأَنْهَضْتَ بِقِيَامَتِكَ الْمُتَسَرِّبِلَةَ الْحَيَاةَ، الْإِنْسَانَ الْفَاسِدَ. فَالْمَجْدُ لَكَ أَيُّهَا الْمُحِبُّ الْبَشَرَ وَحَدَكَ.</p>
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<p>apolytikion) <i>Both now and ever, and unto ages of ages. Amen.</i>  In that thou art the treasury of our resurrection O all-praised one, lead thou forth from the pit and bottom of transgression those who set their hope in thee. For thou hast saved those who were guilty of sin, in that thou didst give birth to our Salvation; O thou who before giving birth wast virgin, and at giving birth and after giving birth was virgin still.</p>	<p>(ثيوطوكية القيامة) الآن وكلّ أوانٍ وإلى دهرِ  الداهرين، آمين.  بما أنّك كنزُ قيامتنا أيُّها الكلّيّة التَّسْبِيح،  فانْتَشِلِي الوائِقِينَ بِكَ مِنْ عُمقِ جُبِّ الزَّلَّاتِ.  لأَنَّكَ أَنْتِ خَلَّصْتِ السَّاقِطِينَ تَحْتَ طَائِلَةِ  الْحَطِيئَةِ لَمَّا وُلِدْتِ الْخَلَّاصِ. يَا مَنْ هِيَ قَبْلَ  الْوِلَادَةِ عَذْرَاءَ، وَفِي الْوِلَادَةِ عَذْرَاءَ، وَبَعْدَ الْوِلَادَةِ  أَيْضاً عَذْرَاءَ.</p>
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### Second Kathisma

<p>While the tomb was sealed, Thou didst shine forth from it, O Life; and while the doors were closed, Thou didst come in to Thy Disciples, O Christ God, Resurrection of all, renewing in us through them an upright spirit, according to the greatness of Thy mercy.  <i>Glory to the Father, and to the Son, and to the Holy Spirit.</i>  The women bearing ointment mixed with tears did hasten to Thy grave. And when they saw the soldiers guarding Thee, O King of all, they said to themselves: Who shall roll for us the stone? But the Messenger of the great counsel did rise, trampling down Death. Wherefore, O Almighty One, O Lord, glory to Thee.  <i>Both now and ever, and unto ages of ages. Amen.</i>  Rejoice, O Virgin full of grace, Theotokos, O Haven of mankind and their Intercessor; for from thee was incarnate the Savior of the world; for thou alone art Mother and Virgin at the same time. Wherefore, intercede with Christ our God, that He grant safety to the universe, O ever-blessed and glorified one.</p>	<p>إِذْ كَانَ الْقَبْرُ مَخْتوماً أَشْرَفْتَ مِنْهُ أَيُّهَا الْحَيَاةُ،  وَلَمَّا كَانَتْ الْأَبْوَابُ مُغْلَقَةً، وَافِيَتْ التَّلَامِيذَ أَيُّهَا  الْمَسِيحُ الْإِلَهُ قِيَامَةُ الْكُلِّ، وَجَدَدْتَ لَنَا بِهِمْ رُوحاً  مُسْتَقِيماً بِحَسَبِ عَظِيمِ رَحْمَتِكَ.  الْمَجْدُ لِلآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدْسِ.  إِنَّ النِّسْوَةَ أَسْرَعْنَ إِلَى قَبْرِكَ حَامِلَاتٍ طَيِّباً  مُمْتَرِجَةً بِدُمُوعٍ، وَإِذْ رَأَيْنَ الْجُنْدَ يَحْرُسُونَكَ يَا مَلِكِ  الْكُلِّ، فُلْنِ فِي أَنْفُسِهِنَّ: مَنْ يُدْخِرُ لَنَا الْحَجَرَ؟  لَكِنَّ رَسُولَ الرَّأْيِ الْعَظِيمِ قَامَ دَائِساً الْمَوْتِ. فَيَا  أَيُّهَا الْقَادِرُ عَلَى كُلِّ شَيْءٍ، يَا رَبُّ الْمَجْدُ لَكَ.  الآن وكلّ أوانٍ وإلى دهرِ الداهرين، آمين.  إِفْرَحِي أَيُّهَا الْبَتُولُ وَالِدَةُ الْإِلَهُ الْمُنْعَمِ عَلَيْهَا،  مِينَاءَ جِنْسِ الْبَشَرِ وَشَفِيعَتُهُمْ، لِأَنَّهُ مِنْكَ تَجَسَّدَ  مُنْقِذُ الْعَالَمِ، وَأَنْتِ وَحْدَكَ لَمْ تَزَالِي وَالِدَةً وَعَذْرَاءَ  مَعاً. فَتَشَفَّعِي إِلَى الْمَسِيحِ إِلَهِنَا لِكَيْ يَهَبَ  الْمَسْكُونَةَ السَّلَامَةَ، أَيُّهَا الْمُبَارَكَةُ وَالْمُمَجَّدَةُ  دَائِماً.</p>
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### Third Kathisma

<p>In Paradise of old the tree stripped me bare; for by giving me its fruit to eat, the enemy brought in death. But now the Tree of the Cross that clothes men with the garment of life has been set up on earth, and the whole</p>	<p>إِنَّ الْعَدُوَّ فِي الْفِرْدُوسِ قَدِيماً عَرَى آدَمَ بِوَأَسِطَةِ  الْعُودِ، وَجَلَبَ الْمَوْتَ لِأَجْلِ الْمَذَاقَةِ، وَأَمَّا عَوْدُ  الصَّلِيبِ فَانْعَرَسَ عَلَى الْأَرْضِ آتِيّاً لِلْبَشَرِ لِبِلَاسِ</p>
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<p>world is filled with boundless joy. Beholding it venerated, O ye people, let us with one accord raise in faith our cry to God: His house is full of glory.</p> <p><i>Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.</i></p> <p>In Paradise of old the tree stripped me bare; for by giving me its fruit to eat, the enemy brought in death. But now the Tree of the Cross that clothes men with the garment of life has been set up on earth, and the whole world is filled with boundless joy. Beholding it venerated, O ye people, let us with one accord raise in faith our cry to God: His house is full of glory.</p>	<p>الحَيَاةِ، وَاسْتَوَعَبَ الْعَالَمَ بِأَسْرِهِ كُلَّ فَرَحٍ. فَلْنُشَاهِدْهُ أَيُّهَا الشُّعُوبُ مَسْجُوداً لَهُ، وَنُصْرُخُ لِلَّهِ بِإِيْمَانٍ وَنِعْمَاتٍ مُؤْتَلَفَةٍ: أَنْ بَيْنَهُ مَمْلُوءًا مَجْدًا.</p> <p>المَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدْسِ؛ الْآنَ وَكُلَّ أَوَانٍ وَالِي دَهْرِ الدَاهِرِينَ، آمِينَ.</p> <p>إِنَّ الْعَدُوَّ فِي الْفِرْدَوْسِ قَدِيمًا عَرَى آدَمَ بِوِاسِطَةِ الْعُودِ، وَجَلَبَ الْمَوْتَ لِأَجْلِ الْمَذَاقَةِ، وَأَمَّا عُودُ الصَّلِيبِ فَانْعَرَسَ عَلَى الْأَرْضِ آتِيًا لِلْبَشْرِ بِلِبَاسِ الْحَيَاةِ، وَاسْتَوَعَبَ الْعَالَمَ بِأَسْرِهِ كُلَّ فَرَحٍ. فَلْنُشَاهِدْهُ أَيُّهَا الشُّعُوبُ مَسْجُوداً لَهُ، وَنُصْرُخُ لِلَّهِ بِإِيْمَانٍ وَنِعْمَاتٍ مُؤْتَلَفَةٍ: أَنْ بَيْنَهُ مَمْلُوءًا مَجْدًا.</p>
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### EVLOGETARIA (BENEDICTIONS) IN TONE FIVE

<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i></p> <p>The company of the Angels was amazed when they beheld Thee numbered among the dead. Yet Thyself, O Savior, destroyed the power of death, with Thee raising up Adam and releasing all men from Hell.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.</p> <p>جَمَعَ الْمَلَائِكَةُ أَنْذَهَلَ مُتَحَيِّرًا، عِنْدَ مُشَاهَدَتِهِمْ إِيَّاكَ مَحْسُوبًا بَيْنَ الْأَمْوَاتِ أَيُّهَا الْمُخْلِصُ، وَدَاحِضًا قُوَّةَ الْمَوْتِ، وَمُنْهَضًا آدَمَ مَعَكَ، وَمُعْتِقًا إِيَّانَا مِنَ الْجَحِيمِ كَافَةً.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i></p> <p>Wherefore, O Women Disciples, do ye mingle sweet-smelling spices with your tears of pity? The radiant Angel within the sepulcher cried unto the Myrrh-bearing Women: Behold the grave, and understand, for the Savior is risen from the tomb.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.</p> <p>الْمَلَائِكَةُ اللَّامِعُ عِنْدَ الْقَبْرِ تَقْوَةَ نَحْوِ حَامِلَاتِ الطَّيِّبِ قَائِلًا: لِمَ تَمْرُجْنَ الطُّيُوبَ بِالدَّمُوعِ، بِتَرْتِ يَا تَلْمِيذَاتِ؟ أَنْظُرْنَ اللَّخْدَ وَأَفْرَحْنَ، لِأَنَّ الْمُخْلِصَ قَدْ قَامَ مِنَ الْقَبْرِ.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i></p> <p>Very early in the morning, did the Myrrh-bearing Women run lamenting unto Thy tomb. But an Angel came toward them, saying: The time for lamentation is passed; weep not, but announce unto the Apostles the Resurrection.</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.</p> <p>إِنَّ حَامِلَاتِ الطَّيِّبِ سَحَرًا جِدًّا، سَارَعْنَ إِلَى قَبْرِكَ نَائِحَاتٍ. إِلَّا أَنْ الْمَلَائِكَةَ وَقَفَ بِهِنَّ، وَقَالَ لَهُنَّ: زَمَانُ النَّوْحِ قَدْ كَفَّ وَبَطَلَ فَلَا تَبْكِينَ، بَلْ بَشِّرْنَ الرُّسُلَ بِالْقِيَامَةِ.</p>
<p><i>Blessed art Thou, O Lord; teach me Thy statutes.</i></p> <p>The Myrrh-bearing Women mourned, as bearing spices they drew near Thy tomb, O Savior. But the Angel spake unto them,</p>	<p>مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمَنِي حُقُوقَكَ.</p> <p>إِنَّ النِّسْوَةَ حَامِلَاتِ الطَّيِّبِ، وَاقِفِينَ بِالْحَنُوطِ إِلَى قَبْرِكَ أَيُّهَا الْمُخْلِصُ. فَسَمِعْنَ مَلَكَاً مُتَنَغِّمًا</p>

<p>saying: Why number ye the living among the dead? In that He is God He is risen from the grave.</p>	<p>نَحْوَهُنَّ قَائِلًا: لِمَ تَحْسِبْنَ الْحَيَّ مَعَ الْمَوْتَى؟ فَبِمَا أَنَّهُ إِلَهٌ، قَدْ قَامَ مِنَ الْقَبْرِ نَاهِيًا.</p>
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> We adore the Father, as also His Son, and the Holy Spirit, the Holy Trinity in one Essence, crying with the Seraphim: Holy, holy, holy art Thou, O Lord.</p>	<p>الْمَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُسِ. نَسْجُدُ لِلآبِ، وَلابْنِهِ، وَلِرُوحِ قُدْسِهِ، ثالوثاً قُدُوساً فِي جَوْهَرٍ وَاحِدٍ، هَاتِفِينَ مَعَ السَّرَافِيمِ: قُدُوسٌ، قُدُوسٌ، قُدُوسٌ أَنْتَ يَا رَبِّ.</p>
<p><i>Both now and ever, and unto ages of ages. Amen.</i> In that thou didst bear the Giver of Life, O Virgin, thou didst redeem Adam from sin, and didst give to Eve joy in place of sadness; and He who was incarnate of thee, both God and man, hath restored to life those who had fallen therefrom.</p>	<p>الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ، آمِينَ. أَيُّهَا الْعَذْرَاءُ، لَقَدْ وُلِدْتَ مُعْطِيَةَ الْحَيَاةِ، وَأَنْقَذْتَ آدَمَ مِنَ الْخَطِيئَةِ، وَمَنْحْتَ حَوَاءَ الْفَرْحِ عِوَضَ الْحُزْنِ، لَكِنَّ الْإِلَهَ وَالْإِنْسَانَ الْمُتَجَسِّدَ مِنْكَ، أَرْشَدَهُمَا إِلَى الْحَيَاةِ الَّتِي قَدْ تَهَوَّرَا مِنْهَا.</p>
<p>Alleluia, Alleluia, Alleluia. Glory to Thee, O God. (3 times) O our God and our Hope, glory to Thee.</p>	<p>هَلِّلُوِيَا، هَلِّلُوِيَا، هَلِّلُوِيَا الْمَجْدُ لَكَ يَا اللَّهُ. (ثَلَاثًا) يَا إِلَهَنَا وَرَجَاءَنَا لَكَ الْمَجْدُ.</p>
<p><b>THE LITTLE LITANY</b></p>	
<p><b>Priest:</b> Again and again, in peace, let us pray to the Lord. <b>Choir:</b> Lord, have mercy. <b>Priest:</b> Help us; save us; have mercy on us; and keep us, O God, by Thy grace. <b>Choir:</b> Lord, have mercy. <b>Priest:</b> Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God. <b>Choir:</b> To Thee, O Lord. <b>Priest:</b> For blessed is Thy Name, and glorified is Thy kingdom: of the Father, and of the Son, and of the Holy Spirit; now and ever, and unto ages of ages. <b>Choir:</b> Amen.</p>	<p>الكَاهِنُ: أَيْضًا وَأَيْضًا بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. الجوق: يَا رَبُّ ارْحَمْنَا. الكَاهِنُ: أَعْضُدْ وَخَلِّصْ وَارْحَمْ وَاحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ. الجوق: يَا رَبُّ ارْحَمْنَا. الكَاهِنُ: بَعْدَ ذِكْرِنَا الْكَلِيَّةِ الْقَدَّاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةَ الْإِلَهِ الدَّائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ مَعَ جَمِيعِ الْقَدِيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ. الجوق: لَكَ يَا رَبِّ. الكَاهِنُ: لِأَنَّ اسْمَكَ مُبَارَكٌ وَمُلْكُكَ مُمَجَّدٌ أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ. الجوق: آمِينَ.</p>
<p><b>SEVENTH TONE RESURRECTIONAL HYAPKOE (Plain Reading)</b></p>	
<p>O Thou Who hast taken our image and our</p>	<p>يَا مَنْ اتَّخَذَ صُورَتَنَا وَمِثَالَنَا، وَاحْتَمَلَ الصَّلْبَ</p>

likeness, and endured crucifixion in the flesh, save me by Thy Resurrection, O Christ God, for Thou art the Lover of Mankind.	بِالْجَسَدِ، خَلَّصْنِي بِقِيَامَتِكَ أَيُّهَا الْمَسِيحُ الْإِلَهُ، بِمَا أَنَّكَ مُحِبُّ الْبَشَرِ.
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## SEVENTH TONE RESURRECTIONAL ANABATHMOI (Plain Reading)

### First Antiphony

+ O Savior, Who didst restore Zion from the captivity of error, deliver me from the bondage of sufferings and restore my life.	+ أَيُّهَا الْمُخَلِّصُ، يَا مَنْ رَدَدْتَ سَبْيَ صِهْيُونَ مِنَ الضَّلَالَةِ، أَعْتَقْنِي مِنْ عُبُودِيَةِ الْأَلَامِ وَأَخِييَ.
+ He that soweth sorrow in the south, fasting with tears, the same shall reap sheaves of reviving and ever-nourishing joys.	+ إِنَّ الزَّارِعَ فِي الْجَنُوبِ حُزْناً وَصَوْماً وَدُمُوعاً، هَذَا يَجْنِي أَعْمَارَ الْفَرْحِ الْمُحْيِيَةِ وَالْمُعْذِيَةِ دَائِماً.
+ <i>Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.</i>	+ الْمَجْدُ لِلآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.
+ In the Holy Spirit is the fountain of divine treasures; for from Him cometh wisdom, awe, and understanding. To Him, therefore, be praise, glory, might, and honor.	+ بِالرُّوحِ الْقُدُّوسِ يَنْبُوعُ الذَّخَائِرِ الْإِلَهِيَّةِ، لِأَنَّ مِنْهُ الْحِكْمَةُ، وَالرَّهْبَةُ، وَالْفَهْمُ. فَلَهُ السُّبْحُ وَالْمَجْدُ وَالْعِزَّةُ وَالْإِكْرَامُ.

### Second Antiphony

+ If the Lord buildeth not the house of the soul, then vainly do we labor; for without Him, no deed nor word is perfected.	+ إِنْ لَمْ يَبْنِ الرَّبُّ بَيْتَ النَّفْسِ فَبَاطِلاً نَتَعَبُ. لِأَنَّهُ بِدُونِهِ لَا يَكْمُلُ عَمَلٌ وَلَا قَوْلٌ أَبَداً.
+ Verily, the saints who are the hire of the fruit of Thy womb, by the moving of the spirit flourish the beliefs of fatherly adoption.	+ إِنَّ الْقَدِيسِينَ الَّذِينَ هُمْ أُجْرَةُ ثَمَرَةِ الْبَطْنِ، بِتَحَرُّكِهِمْ مِنَ الرُّوحِ، يُؤَلِّفُونَ اعْتِقَادَاتِ التَّبْنِيِّ الْأَبَوِيَّةِ.
+ <i>Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.</i>	+ الْمَجْدُ لِلآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.
+ By the Spirit was existence bestowed on all creation; for He is of the Godhead before existence, and He is the unapproachable Light, the God of all, and their life.	+ بِالرُّوحِ الْقُدُّوسِ أُعْطِيَ الوجودُ لِكُلِّ الْبَرَايَا، لِأَنَّهُ ذُو الرُّبُوبِيَّةِ مِنْ قَبْلِ الوجودِ، وَهُوَ النُّورُ الَّذِي لَا يُذْنِي مِنْهُ وَالهُ الْكُلِّ وَحَيَاتُهُمْ.

### Third Antiphony

+ Verily, they who fear the Lord are now forever blessed; for they have found the way of life in the never-decaying glory.	+ إِنَّ خَائِفِي الرَّبِّ يُعَبِّطُونَ دَائِماً، لِأَنَّهُمْ قَدْ وَجَدُوا طَرِيقَ الْحَيَاةِ فِي الْمَجْدِ الَّذِي لَنْ يَبْلَى أَبَداً.
+ O high Priest, as thou seest thy children's children like plants around thy table, rejoice and be happy, and offer them to Christ.	+ يَا رَئِيسَ الرُّعَاةِ، إِذَا نَظَرْتَ بَنِي بَنِيكَ

<p>+ <i>Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.</i></p> <p>+ By the Holy Spirit is the abundance of gifts, the richness of glory, and depth of the great ordinances; for He is worshipful and coeternal in glory with the Father and the Son.</p>	<p>كَالْغُرُوسِ حَوْلَ مَائِدَتِكَ، إِفْرَحْ، وَسُرِّ، وَقَدِّمُهُمْ إِلَى الْمَسِيحِ.</p> <p>+ الْمَجْدُ لِلآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُّوسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.</p> <p>+ إِنَّ الرُّوحَ الْقُدُّوسَ هُوَ غَوْزُ الْمَوَاهِبِ، وَغِنَى الْمَجْدِ، وَلُجَّةُ الْأَحْكَامِ الْعَظِيمَةِ، لِأَنَّهُ مَعْبُودٌ وَمُساوٍ لِلآبِ وَالْإِبْنِ فِي الْمَجْدِ.</p>
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### PROKEIMENON FOR THE RESURRECTION IN TONE SEVEN

<p>Arise, O Lord my God, and let Thy hand be exalted. Forget not Thy wretched ones to the end of time. (TWICE)</p> <p><i>Stichos: To Thee do I confess, O my Lord, from my whole heart.</i></p> <p>Arise, O Lord my God, and let Thy hand be exalted. Forget not Thy wretched ones to the end of time.</p>	<p>فَمَ أَيُّهَا الرَّبُّ إِلَهِي وَلْتَرْتَفِعْ يَدُكَ، لَا تَنْسَ بِأَسِيكَ إِلَى الْإِنْقِضَاءِ. (مرتين).</p> <p>سْتِيخِن: أَعْتَرِفْ لَكَ يَا رَبُّ مِنْ كُلِّ قَلْبِي.</p> <p>فَمَ أَيُّهَا الرَّبُّ إِلَهِي وَلْتَرْتَفِعْ يَدُكَ، لَا تَنْسَ بِأَسِيكَ إِلَى الْإِنْقِضَاءِ.</p>
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### LET EVERYTHING THAT HATH BREATH

<p><b>Deacon:</b> Let us pray to the Lord.</p> <p><b>Choir:</b> Lord, have mercy.</p> <p><b>Priest:</b> For Holy art Thou, O our God, Who retest in the Holy Place, and unto Thee do we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages.</p>	<p>الشَّماس: إِلَى الرَّبِّ نَطْلُبُ.</p> <p>المرتل: يَا رَبُّ ارْحَمِ.</p> <p>الكاهن: لِأَنَّكَ قُدُّوسٌ أَنْتَ يَا إِلَهَنَا، وَفِي الْقَدِّيسِينَ نَسْتَقِرُّ وَنَسْتَرِيحُ، وَلَكَ نُرْسِلُ الْمَجْدَ أَيُّهَا الْآبُ، وَالْإِبْنُ، وَالرُّوحَ الْقُدُّوسَ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.</p>
<p><b>Chanter:</b> Amen. Let everything that hath breath praise the Lord. (twice)</p> <p><i>Stichos: Praise ye God in His saints; praise Him in the firm foundation of His power.</i></p> <p>Let everything that hath breath praise the Lord.</p>	<p>المرتل: آمِينَ. كُلُّ نَسَمَةٍ، فَلْتُسَبِّحِ الرَّبَّ. (مرتين)</p> <p>سْتِيخِن: سَبِّحُوا اللَّهَ فِي قَدِّيسِيهِ، سَبِّحُوهُ فِي فَلَكِ قُوَّتِهِ.</p> <p>فَلْتُسَبِّحِ الرَّبَّ، كُلُّ نَسَمَةٍ.</p>

### THE SEVENTH EOTHINON GOSPEL

<p><b>Deacon:</b> And that we may be accounted worthy to hear the Holy Gospel, let us pray unto the Lord our God.</p> <p><b>Choir:</b> Lord, have mercy. (thrice)</p> <p><b>Deacon:</b> Wisdom! Attend! Let us hear the</p>	<p>الشَّماس: مَنْ أَجَلٍ أَنْ نَكُونَ مُسْتَحِقِّينَ لِسَمَاعِ الْإِنْجِيلِ الْمُقَدَّسِ، إِلَى الرَّبِّ إِلَهَنَا نَطْلُبُ.</p> <p>المرتل: يَا رَبُّ ارْحَمِ. (ثلاثاً)</p> <p>الشَّماس: الْحِكْمَةُ، فَلْنَسْتَمِعْ وَلْنَسْمَعْ الْإِنْجِيلِ</p>
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<p>Holy Gospel.</p> <p><b>Priest:</b> Peace be to all.</p> <p><b>Choir:</b> And to thy spirit.</p> <p><b>Priest:</b> The Reading from the Holy Gospel according to <b>Saint John (20:1-10)</b>.</p> <p><b>Choir:</b> Glory to Thee, O Lord, glory to Thee.</p> <p><b>Deacon:</b> Let us attend!</p>	<p>المُقَدَّس.</p> <p>الكاهن: السَّلَامُ لِجَمِيعِكُمْ.</p> <p>المرتل: ولِرُوحِكَ.</p> <p>الكاهن: فَضْلٌ شَرِيفٌ مِنْ بِيْشَارَةِ القَدِيسِ يوحنا الإنجيليِّ البشِيرِ والتِّلْمِيزِ الطَّاهِرِ.</p> <p>المرتل: المَجْدُ لَكَ يَا رَبُّ المَجْدُ لَكَ.</p> <p>الشَّماس: لِنُصْغِ!</p>
<p><b>Priest:</b> On the first day of the week, Mary Magdalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. So she ran, and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb and we do not know where they have laid Him." Peter then came out with the other disciple, and they went toward the tomb. They both ran, but the other disciple outran Peter and reached the tomb first; and stooping to look in, he saw the linen cloths lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb; he saw the linen cloths lying, and the napkin, which had been on Jesus' head, not lying with the linen cloths but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not know the Scripture, that Jesus must rise from the dead. Then the disciples went back to their homes.</p> <p><b>Choir:</b> Glory to Thee, O Lord, glory to Thee.</p>	<p>الكاهن: في أوَّلِ الأُسبوعِ، جَاءَتْ مريمُ المَجْدَلِيَّةُ إلى القَبْرِ في الغدَاةِ والظَّلَامِ باقٍ، فَرَأَتْ الحَجَرَ مُدْخَرَجاً عَنِ القَبْرِ * فَاسْرَعَتْ وَجَاءَتْ إلى سِمْعَانَ بُطْرُسَ وإلى التِّلْمِيزِ الآخِرِ الذي كانَ يسوعُ يُحِبُّهُ، وَقَالَتْ لَهُمَا: "قَدْ أَخَذُوا الرَّبَّ مِنَ القَبْرِ وَلَا نَعْلَمُ أَيْنَ وَضَعُوهُ" * فَخَرَجَ بُطْرُسُ وَالتِّلْمِيزُ الآخَرُ، وَأَقْبَلَا إلى القَبْرِ * وَكَانَا مُسْرِعَيْنِ مَعاً، فَسَبَقَ التِّلْمِيزُ الآخَرُ بُطْرُسَ وَجَاءَ إلى القَبْرِ أوَّلًا * وَانْحَنَى فَرَأَى الأَكْفَانَ مَوْضوعَةً، لَكِنَّهُ لَمْ يَدْخُلْ * ثُمَّ جَاءَ سِمْعَانُ بُطْرُسُ يَتَّبِعُهُ، وَدَخَلَ القَبْرَ، فَرَأَى الأَكْفَانَ مَوْضوعَةً، وَالمِنْدِيلَ الذي كانَ على رَأْسِهِ غيرَ مَوْضوعٍ مَعَ الأَكْفَانِ، بَلْ مَلْفُوفاً في مَوْضِعٍ على جِدَّتِهِ * فَحِينئِذٍ دَخَلَ التِّلْمِيزُ الآخَرُ، الذي جَاءَ أوَّلًا إلى القَبْرِ، فَرَأَى وَآمَنَ * لِأَنَّهُمْ لَمْ يَكُونُوا بعدُ يَعْرِفُونَ الكِتَابَ أَنَّهُ يَنْبَغِي أَنْ يَقومَ مِنْ بَيْنِ الأمواتِ * وَانصَرَفَ التِّلْمِيزَانِ عَائِدَيْنِ إلى مَقَرِّهِمَا.</p> <p>المرتل: المَجْدُ لَكَ، يَا رَبُّ، المَجْدُ لَكَ.</p>
<p><b>Reader:</b> In that we have beheld the Resurrection of Christ, let us bow down before the Holy Lord Jesus, the only sinless One. Thy Cross do we adore, O Christ, and Thy holy Resurrection we praise and glorify; for Thou art our God, and we know none other beside Thee; we call upon Thy Name.</p>	<p>القاريء: إِذْ قَدْ رَأِينَا قِيَامَةَ المَسِيحِ، فَلنَسْجُدْ لِرَبِّ القُدُوسِ، يَسوعَ المَعصُومِ مِنَ الخَطَا وَحدَهُ. لِصَلِيبِكَ أَيُّهَا المَسِيحُ نَسْجُدُ وَلِقِيَامَتِكَ المُقَدَّسَةِ نُسَبِّحُ وَنُمَجِّدُ، لِأَنَّكَ أَنْتَ هُوَ إِلَهُنَا وَآخَرَ سِوَاكَ لَا نَعْرِفُ وَبِاسْمِكَ نُسَمِّي. هَلُمَّ يَا مَعشَرَ</p>

O come, all ye faithful, let us adore Christ's holy Resurrection. For lo, through the Cross is joy come into all the world. Ever blessing the Lord, let us sing His Resurrection: for in that He endured the Cross for us, He hath destroyed death by death.	المؤمنين نَسْجُدُ لِقِيَامَةِ الْمَسِيحِ الْمُقَدَّسَةِ، لِأَنَّ هُوَذَا بِالصَّلِيبِ قَدْ أَتَى الْفَرْحُ لِكُلِّ الْعَالَمِ. لِنُبَارِكِ الرَّبَّ فِي كُلِّ حِينٍ وَنُسَبِّحُ قِيَامَتَهُ، لِأَنَّهُ إِذِ احْتَمَلَ الصَّلْبَ مِنْ أَجْلِنَا، الْمَوْتَ بِالْمَوْتِ حَطَّمَ.
<b>PSALM 50</b>	
Have mercy on me, O God, according to Thy Great Mercy; and according to the multitude of Thy compassions blot out my transgression.	ارْحَمْنِي يَا اللَّهُ بِعَظِيمِ رَحْمَتِكَ، وَكَمَثَلِ كَثْرَةِ رَأْفَتِكَ امْحُ مَاثِمِي.
Wash me thoroughly from mine iniquity, and cleanse me from my sin.	إِغْسِلْنِي كَثِيرًا مِنْ إِثْمِي، وَمِنْ خَطِيئَتِي طَهِّرْنِي.
For I know mine iniquity, and my sin is ever before me.	لَأَنِّي أَنَا عَارِفٌ بِإِثْمِي، وَخَطِيئَتِي أَمَامِي فِي كُلِّ حِينٍ.
Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged.	إِلَيْكَ وَحْدَكَ أَخْطَأْتُ، وَالشَّرُّ قُدَّامَكَ صَنَعْتُ، لَكِي تَصْدُقَ فِي أَقْوَالِكَ وَتَغْلِبَ فِي مُحَاكَمَتِكَ.
For behold, I was conceived in iniquities, and in sins did my mother bear me.	هَاءَ نَذَا بِالْآثَامِ حُبِلَ بِي، وَبِالْخَطَايَا وَلَدَتْنِي أُمِّي.
For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me.	لَأَنَّكَ قَدْ أَحْبَبْتَ الْحَقَّ، وَأَوْضَحْتَ لِي غَوَامِضَ حِكْمَتِكَ وَمَسْتَوْرَاتِهَا.
Thou shalt sprinkle me with hyssop, and I shall be made clean; Thou shalt wash me, and I shall be made whiter than snow.	تَنْضِيبُ حُنِي بِالزُّوفَى فَاطْهُرْ، تَغْسِئُنِي فَاَبْيَضُ أَكْثَرَ مِنَ الثَّلْجِ.
Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice.	تُسِدْ مِعْنِي بِهَجْرَةٍ وَسُرُورًا، فَتَبْ تَهْجُ عِظَامِي الذَّلِيلَةَ.
Turn Thy face away from my sins, and blot out all mine iniquities.	إِصْرِفْ وَجْهَكَ عَنِ خَطَايَايَ، وَامْحُ كُلَّ مَاثِمِي.
Create in me a clean heart, O God, and renew a right spirit within me.	قَلْبًا نَقِيًّا اخْلُقْ فِيَّ يَا اللَّهُ، وَرُوحًا مُسْتَقِيمًا جَدِّدْ فِي أَحْشَائِي.
Cast me not away from Thy presence, and take not Thy Holy Spirit from me.	لَا تَطْرَحْنِي مِنْ أَمَامِ وَجْهِكَ، وَرُوحَكَ الْقُدُّوسَ لَا تَنْزِعْهُ مِنِّي.
Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me.	إِمْنَحْنِي بِهَجْرَةٍ خَلَصِكَ، وَبِرُوحِ رِئَاسَةِ يِّ اعْضُدْنِي.

I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee.	فَاعْلَمْ الْأَثَمَةَ طُرُقَكَ، وَالْكَفْرَةَ إِلَيْكَ يَرْجِعُونَ.
Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness.	أُنْقِذْنِي مِنَ الدِّمَاءِ يَا اللَّهُ إِلَهَ خَلَاصِي، فِيَبْتَهِجَ لِسَانِي بِعَدْلِكَ.
O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise.	يَا رَبُّ افْتَحْ شَفْتَيَّ، فَيُخَبِّرَ فَمِي بِتَسْبِيحَتِكَ.
For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased.	لَأَنَّكَ لَوْ آثَرْتَ الذَّبِيحَةَ، لَكُنْتُ الْآنَ أُعْطِي، لَكِنَّكَ لَا تُسَرُّ بِالْمُحْرَقَاتِ.
A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise.	الذَّبِيحَةُ لِلَّهِ رُوحٌ مُنْسَحِقٌ، الْقَلْبُ الْمُتَخَشِّعُ وَالْمُتَوَاضِعُ لَا يَزُدُّهُ اللَّهُ.
Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up.	أُصْلِحْ يَا رَبُّ بِمَسَرَّتِكَ صِهْيُونَ وَلْتُبْنَ أَبْوَارُ أورشليم.
Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings.	حِينَئِذٍ تُسَرُّ بِذَّبِيحَةِ الْعَدْلِ قُرْبَاناً وَمُحْرَقَاتِ.
Then shall they offer bullocks upon Thine altar.	حِينَئِذٍ يُقَرَّبُونَ عَلَى مَذْبَحِكَ الْعُجُولِ.

#### LENTEN TROPARIA AFTER PSALM 50 IN TONE EIGHT

<i>Glory to the Father, and to the Son, and to the Holy Spirit.</i> Open to me the doors of repentance, O Life-giver; for my soul goeth early to the temple of Thy holiness, coming in the temple of my body, wholly polluted. But because Thou art compassionate, purify me by the compassion of Thy mercies.	الْمَجْدُ لِلآبِ، وَالْإِبْنِ، وَالرُّوحِ الْقُدُسِ. إِفْتَحْ لِي أَبْوَابَ التَّوْبَةِ يَا وَاهِبَ الْحَيَاةِ، لِأَنَّ رُوحِي تَبْتَكِرُ إِلَى هَيْكَلِ قُدْسِكَ، آتِياً بِهَيْكَلِ جَسَدِي مُدْتَسِئاً بِجُمْلَتِهِ. لَكِنْ، بِمَا أَنَّكَ مُتَعَطِّفٌ، نَقِّينِي بِتَحَنُّنِ مَرَاحِمِكَ.
<i>Both now and ever, and unto ages of ages. Amen.</i> Prepare for me the way of salvation, O Theotokos; for I have profaned myself with coarse sins, and consumed my whole life with procrastination. But by thine intercessions purify thou me from all abomination.	الآنَ وَكُلَّ أَوْانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ. سَهِّلِي لِي مَنَاهَجَ الْخَلَاصِ يَا وَالِدَةَ الْإِلَهِ، فَإِنِّي قَدْ دَنَسْتُ نَفْسِي بِخَطَايَا سَمِجَةٍ، وَأَفْنَيْتُ عُمْرِي كُلَّهُ بِالتَّوَانِي. لَكِنْ بِشَفَاعَاتِكَ، نَقِّينِي مِنْ كُلِّ رَجَاسَةٍ.
(TONE SIX) <i>Have mercy upon me, O God, according to Thy lovingkindness; according to the multitude of Thy tender mercies blot out my transgressions.</i> If I think upon the multitude of my evil deeds, wretch that I am, I tremble for the terrible Day of Judgment. But, trusting the compassion of Thy mercy, I shout to Thee	(اللحن السادس) يَا رَحِيمٌ، اِرْحَمْنِي يَا اللَّهُ كَعَظِيمِ رَحْمَتِكَ، وَكَمَثَلِ كَثْرَةِ رَأْفَاتِكَ امْحُ مَاثِمِي. إِذَا تَصَوَّرْتُ كَثْرَةَ أَعْمَالِي الرَّدِيئَةِ أَنَا الشَّقِي، فَإِنِّي أُرْتَعِدُ مِنْ يَوْمِ الدَّيْنُونَةِ الرَّهيبِ. لَكِنِّي إِذْ أَنَا وَاثِقٌ بِتَحَنُّنِكَ، أَهْتَفُ إِلَيْكَ مِثْلَ دَاوُدَ: اِرْحَمْنِي يَا اللَّهُ،

like David, Have mercy upon me, O God, according to Thy Great Mercy.

بِحَسَبِ عَظِيمِ رَحْمَتِكَ.

### THE INTERCESSION

**Deacon:** O God, save Thy people, and bless Thine inheritance. Visit Thy world with mercy and compassions. Exalt the horn of Orthodox Christians, and send down upon us Thy rich mercies. Through the intercessions of our all-immaculate Lady Theotokos and ever-virgin Mary; by the might of the precious and life-giving Cross—which we especially venerate today—by the protection of the honorable bodiless Powers of heaven; at the supplication of the honorable, glorious prophet, forerunner and Baptist John; of the holy, glorious, all-laudable apostles Peter and Paul, and of all the holy apostles; of our fathers among the saints, great hierarchs and ecumenical teachers, Basil the Great, Gregory the Theologian and John Chrysostom; Athanasius, Cyril and John the Merciful, patriarchs of Alexandria; Nicholas of Myra, Spyridon of Trimythous and Nektarios of Pentapolis, the Wonderworkers; of our fathers among the saints Tikhon, patriarch of Moscow and Raphael, bishop of Brooklyn; of the holy, glorious, great-martyrs, George the Trophy-bearer, Demetrios the Myrrh-streamer, Theodore the Soldier, Theodore the General, and Menas the Wonderworker; of the hieromartyrs Ignatius the God-bearer of Antioch, Charalampos and Eleutherios; of the holy, glorious great women martyrs, Thekla, Barbara, Anastasia, Katherine, Kyriaki, Photeini, Marina, Paraskeva and Irene; of the holy, glorious, right-victorious martyrs; of our venerable and God-bearing fathers who shone in the ascetic life; of Saint N., the patron and protector of this holy community; of the holy and righteous ancestors of God,

الشماس: خَلِّصْ يَا اللَّهُ شَعْبَكَ، وَبَارِكْ مِيرَاثَكَ، وَافْتَقِدْ عَالَمَكَ بِالرَّحْمَةِ وَالرَّأْفَاتِ، وَارْفَعْ شَأْنَ الْمَسِيحِيِّينَ الْأَرْتُوذُكْسِيِّينَ، وَأَسْبِغْ عَلَيْنَا مَرَاحِمَكَ الْغَنِيَّةَ، بِشَفَاعَاتِ سَيِّدَتِنَا وَالِدَةِ الْإِلَهِ الْكَلِيَّةِ الطَّهَارَةِ وَالِدَائِمَةِ الْبَتُولِيَّةِ مَرْيَمَ؛ وَبِقُوَّةِ الصَّلِيبِ الْكَرِيمِ الْمُحْيِي—الَّذِي نُكْرِمُهُ الْيَوْمَ—وَبِطِبَابَاتِ الْقُوَاتِ السَّمَاوِيَّةِ الْمُكْرَمَةِ الْعَادِمَةِ الْأَجْسَادِ؛ وَالنَّبِيِّ الْكَرِيمِ السَّابِقِ الْمَجِيدِ يُوْحَنَّا الْمَعْمَدَانَ؛ وَالْقَدِيسِينَ الْمَشْرِقِيِّينَ الرَّسُولَيْنِ بُطْرُسَ وَبُولُسَ، وَسَائِرِ الرَّسُلِ الْمَشْرِقِيِّينَ الْجَدِيرِينَ بِكَلِّ مَدِيحَ؛ وَأَبَائِنَا الْقَدِيسِينَ مُعَلِّمِي الْمَسْكُونَةِ رُؤَسَاءِ الْكَهَنَةِ الْمُعْظَمِينَ بَاسِيلْيُوسَ الْكَبِيرَ، وَغَرِيغُورْيُوسَ الْلَاهُوتِي، وَيُوْحَنَّا الذَّهَبِيِّ الْقَمَ؛ وَأَبَائِنَا الْقَدِيسِينَ أَثَنَاسْيُوسَ وَكَيْرُسَ وَيُوْحَنَّا الرَّحِيمِ بَطَارِكَةَ الْإِسْكََنْدَرِيَّةِ، وَأَبِينَا الْقَدِيسِ نِيْقُولَاوَسَ رَئِيسِ أَسَاقِفَةِ مِيرَا الْلِيكِيَّةِ، وَأَسْبِيرِيدُونَ أَسْقُفِ تَرِيمِيثُوسَ، وَنِكْتَارْيُوسَ أَسْقُفِ الْمُدْنِ الْخَمْسِ الْعَجَائِبِيِّينَ، وَأَبَانَا الْقَدِيسِ تِيخُونَ بَطْرِيْرِكَ مُوسْكَو، وَالْقَدِيسِ رَافَائِيلِ أَسْقُفِ بَرُوكْلِينَ؛ وَالْقَدِيسِينَ الْمَجِيدِينَ الشُّهَدَاءِ الْعُظْمَاءِ جَاوْرَجْيُوسَ الْلَابِسِ الظَّفْرِ، وَدِيمِيْتْرْيُوسَ الْمُفْيِضِ الطَّيْبِ، وَثِيوُدُورَسَ التَّيْرُونِي، وَثِيوُدُورَسَ قَائِدِ الْجَيْشِ، وَمِينَاسَ الصَّانِعِ الْعَجَائِبِ؛ وَالْقَدِيسِينَ الشُّهَدَاءِ إِغْنَاطْيُوسَ الْمُتَوَشِّحِ بِاللَّهِ، خَرَالْمَبُوسَ وَالْفَثِيرْيُوسَ؛ وَالشُّهَدَاتِ الْعَظِيمَاتِ تَقْلَا، بَرَبَارَةَ، أَنْسْطَاسِيَا، كَاثْرِينَا، كِيرْيَاكِي، فُوتِينِي، مَارِينَا، بَارَاسْكَيفَا،

<p>Joachim and Anna; of the Hieromartyr Basil of Ancyra; Martyr Kallinika of Rome; and Venerable-martyr Euthymios of Prodromou Skete on Athos, whose memory we celebrate today, and of all the saints: we beseech Thee, O most merciful Lord, hearken unto the petitions of us sinners who make our supplications unto Thee, and have mercy upon us.</p>	<p>وآيرين؛ والقديسين المجيدين الشهداء المتألقين بالظفر؛ وآبائنا الأبرار المتوسحين بالله؛ والقديس (فلان) شفيع وحامي هذه الرعية المقدسة، والقديسين الصديقين يواكيم وحنة جدّي المسيح الإله، الشهيد في الكهنة باسيلوس الذي من أنقىرة، الشهيد كلينيك الرومانيّة، والبارّ الشهيد أفثيموس الذي من إسقيط يوحنا الرائد على جبل آثوس؛ الذين نُقيم تذكارتهم اليوم، وجميع قديسيك: نتضرّع إليك أيها الربّ الجزيل الرحمة، فاستجب لنا نحن الخطاة الطالبين إليك وارحمنا.</p>
<p><b>Chanter:</b> Lord, have mercy. Lord, have mercy. Lord, have mercy. (Repeat 4 times)</p>	<p><b>المرتل:</b> يا ربّ ارحم، يا ربّ ارحم، يا ربّ ارحم. (تعاد أربع مرات)</p>
<p><b>Priest:</b> Through the mercies and compassions and love for mankind of Thine Only-begotten Son, with Whom Thou art blessed, together with Thine all-holy, and good, and life-giving Spirit: now and ever, and unto ages of ages.</p> <p><b>Choir:</b> Amen.</p>	<p><b>الكاهن:</b> برحمة ورأفات ابنك الوحيد ومحبتته للبشر، الذي أنت مبارك معه ومع روحك الكلّي قُدسُهُ الصّالح والمُحيي، الآن وكُلّ أوانٍ وإلى دهرِ الدهرين.</p> <p><b>المرتل:</b> آمين.</p>
<p><b>KONTAKION &amp; OIKOS FOR THIRD SUNDAY OF GREAT LENT (Plain Reading)</b></p>	
<p>The fiery sword no longer guards the gate of Eden, for in a strange and glorious way the wood of the Cross has quenched its flames. The sting of death and the victory of hell are now destroyed, for Thou art come, my Savior, crying unto those in hell: “Return again to Paradise.”</p>	<p>إنّ السيف الناريّ لن يجرّس من بعد عدن، لأنّ عود الصليب قد أطفأه إطفاءً مذهشاً. فكسرت شوكة الموت، وبادت غلبة الجحيم، ووقفت يا مخلصي، هاتفاً بالذين فيها: أدخلوا من جديد إلى الفردوس.</p>
<p>Pilate set up three crosses in the place of the Skull, two for the thieves and one for the Giver of Life. Seeing Him, hell cried to those below: “O my ministers and my powers! Who is this that has fixed a nail in my heart? A wooden spear has pierced me suddenly, and I am torn apart. Inwardly I suffer;</p>	<p>إنّ بيلاطس نصب في الجلجلة ثلاثة صلبان، اثنين للصين وواحداً لواهب الحياة، الذي لما أبصره الجحيم قال للذين في أسفل: يا خدامي وقوّاتي، من هو هذا الذي شكّ قلبي بمسمار، وطعنني بغتة بحربة خشبية؟</p>

<p>anguish has seized my belly and my senses. My spirit trembles, and I am constrained to cast out Adam and his posterity. A tree brought them to my realm, but now the Tree of the Cross brings them back again to Paradise.”</p>	<p>وها أنا أتمزق في دواخلي، وتتوجع أحشائي، وتظلم حواسني، وتضبط رب روعي، وأضبطر مكرها أن أقذف آدم وذريته كلها، المدفوعين إلي بسبب العود، لأن العود يدخلهم من جديد إلى الفردوس.</p>
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**THE SYNAXARION (Plain Reading)**

On March 22 in the Holy Orthodox Church, we commemorate the Hieromartyr Basil of Ancyra; Martyr Kallinika of Rome; and Venerable-martyr Euthymios of Prodromou Skete on Athos.

On this same day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-creating Cross.

*Verses*

Let the whole world entire worship the Cross  
through Which it truly knew to worship Thee, O Word.

Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work; for the effort in this performance brings with it fatigue which makes the accomplishment of the rest difficult. Having arrived with God’s grace at the middle of the Fast, our compassionate Mother—the Holy Orthodox Church—thought fit to reveal to us the Holy Cross as the joy of the world and power of the faithful to help us carry on the struggles of the divine Fast.

By its power, O Christ God, preserve us from the crafty designs of the evil one and account us worthy to worship Thy divine Passion and life-giving Resurrection, as we achieve the course of the Forty Days with ease, and have mercy on us, as Thou alone art good and the Lover of mankind. Amen.

**KATAVASIAE OF THIRD SUNDAY OF LENT CANON IN TONE ONE**

<p><b>Ode 1.</b> Of old the divine Moses foreshadowed Thy Cross, passing Israel across the Red Sea when he struck the moist element with his rod, singing to Thee, O Christ God, a song of exodus.</p>	<p>(الأولى) إِنَّ مُوسَى الْإِلَهِيِّ قَدْ سَبَقَ فَرَسَمَ صَليْبَكَ قَدِيمًا، وَأَجَارَ إِسْرَائِيلَ فِي الْبَحْرِ الْأَحْمَرِ، لَمَّا ضَرَبَ الْجَوْهَرَ الرَّطْبَ بِالْعَصَا، مُرْتَلًّا لَكَ، أَيُّهَا الْمَسِيحُ الْإِلَهُ، تَسْبِيحًا عَلَى الْخُرُوجِ.</p>
<p><b>Ode 3.</b> O Christ Master, establish me by Thy Cross on the rock of faith, lest my heart be shaken by the impacts of the arrogant enemy; for Thou alone art holy.</p>	<p>(الثالثة) أَيُّهَا الْمَسِيحُ السَّيِّدُ، ثَبِّتْنِي بِصَليْبِكَ عَلَى صَخْرَةِ الْإِيمَانِ، لِئَلَّا يَتَزَعَّرَ قَلْبِي مِنْ صَدَمَاتِ الْعَدُوِّ الْعَاتِي، لِأَنَّكَ أَنْتَ وَحْدَكَ قُدُّوسٌ.</p>
<p><b>Ode 4.</b> When the greater luminary beheld Thee suspended on the Cross, O mighty One, he trembled, and, drawing in his rays, hid them. And the whole of creation praised Thy</p>	<p>(الرابعة) إِنَّ النَّيِّرَ الْأَعْظَمَ، لَمَّا شَاهَدَكَ مُعَلَّقًا عَلَى الصَّليْبِ أَيُّهَا الْمُقْتَدِرُ، ارْتَعَدَ، وَجَمَعَ أَشِعَّتَهُ</p>

long-suffering; for the earth was filled with Thy praise.	وأخفاها. وَالْخَلِيقَةُ بِأَسْرِهَا سَبَّحَتْ بِخَوْفٍ طَوَّلَ أَنَاتِكَ، لِأَنَّ الْأَرْضَ قَدِ امْتَلَأَتْ مِنْ تَسْبِيحَتِكَ.
<b>Ode 5.</b> To Thee, O Savior of the world, do we travel early, praising Thee, having found safety in Thy Cross, through which Thou didst renew mankind and lead us to the never-setting light.	(الخامسة) إِلَيْكَ نَدَلُّجُ يَا مُخْلِصَ الْعَالَمِ، مُسَبِّحِينَ إِيَّاكَ، لِأَنَّا وَجَدْنَا سَلَامًا بِصَلِيبِكَ، الَّذِي بِهِ جَدَّدْتَ الْجِنْسَ الْبَشَرِيَّ، وَاقْتَدَدْتَنَا إِلَى النُّورِ الَّذِي لَا يَغْرُبُ.
<b>Ode 6.</b> Jonah the Prophet foreshadowed Thy divine Cross, when he stretched out his hands in the belly of the whale, and sprang out, saved from the beast by Thy might, O Word.	(السادسة) إِنَّ يُونَانَ النَّبِيَّ سَبَقَ فَرَسَمَ الصَّلِيبِ الْإِلَهِيِّ، لَمَّا بَسَطَ يَدَيْهِ فِي جَوْفِ الْحَوْتِ، وَطَفَرَ نَاجِيًا مِنَ الْوَحْشِ، بِقُدْرَتِكَ أَيُّهَا الْكَلِمَةُ.
<b>Ode 7.</b> He Who delivered the three youths from the flames came to earth, taking a body, and was nailed to the Cross, freely granting us salvation, He Who alone is blessed, transcendent in glory, the God of our Fathers.	(السابعة) إِنَّ الَّذِي أَنْقَذَ الْفَتِيَّةَ مِنَ اللَّهَبِ أَتَى إِلَى الْأَرْضِ مُتَّخِذًا جَسَدًا، وَقَدْ سُمِّرَ عَلَى الصَّلِيبِ مَانِحًا إِيَّانَا الْخَلَاصَ، وَهُوَ الْمُبَارَكُ وَحْدَهُ، وَالْفَائِزُ التَّمَجِيدِ، إِلَهُ آبَائِنَا.
<i>We praise, we bless, and we worship the Lord.</i> <b>Ode 8.</b> When Daniel, the great among Prophets, was thrown of old into the den of lions, and stretched out his hands in the shape of a cross, he escaped from their ravaging unhurt, blessing Christ God unto all ages.	(الثامنة) نُسَبِّحُ وَنُبَارِكُ وَنَسُجُدُ لِلرَّبِّ. إِنَّ دَانِيَالَ الْمُعْظَمَ فِي الْأَنْبِيَاءِ، لَمَّا طَرِحَ فِي جُبِّ الْأَسُودِ قَدِيمًا، وَبَسَطَ زِرَاعِيَهُ بِشَكْلِ صَلِيبِ، نَجَا مِنْ افْتِرَاسِهَا بِغَيْرِ أَدَى، مُبَارِكًا الْمَسِيحَ الْإِلَهَ عَلَى مَدَى الدَّهْرِ.
<b>Deacon:</b> The Theotokos and Mother of the Light, let us honor and magnify in song.	الشَّمْسُ: لَوْلَادَةِ الْإِلَهِ وَأَمَّ النُّورِ بِالتَّسَابِيحِ نُكْرِّمُ مُعْظَمِينَ.
<b>MAGNIFICATIONS IN TONE ONE</b>	
My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior.	تُعْظِمُ نَفْسِي لِلرَّبِّ، وَتَبْتَهِجُ رُوحِي بِاللَّهِ مُخْلِصِي.
<b>Refrain:</b> More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, thou who without corruption barest God the Word, and art truly Theotokos, we magnify thee.	الْلازِمَةُ: يَا مَنْ هِيَ أَكْرَمُ مِنَ الشَّارُوبِيمِ، وَأَرْفَعُ مَجْدًا بِغَيْرِ قِيَاسٍ مِنَ السَّرَافِيمِ، الَّتِي بَدُونَ فِسَادٍ وَلَدْتَ كَلِمَةَ اللَّهِ، حَقًّا إِنَّكَ وَالِدَةُ الْإِلَهِ إِيَّاكَ نُعْظِمُ.
For He hath regarded the lowliness of His handmaiden; for behold from henceforth all generations shall call me blessed. ( <b>Refrain</b> )	لِأَنَّهُ نَظَرَ إِلَى تَوَاضُعِ أُمَّتِهِ، فَهَا مُنْذُ الْآنَ تُطَوِّبُنِي جَمِيعُ الْأَجْيَالِ. (الْلازِمَةُ)
For He that is mighty hath magnified me, and holy is His Name; and His mercy is on them that fear Him, throughout all generations.	لِأَنَّ الْقَدِيرَ صَنَعَ بِي عَظَائِمَ وَقُدُّوسَ اسْمُهُ،

(Refrain)	وَرَحْمَتُهُ إِلَى جَبَلٍ فَجِيلٍ لِلَّذِينَ يَتَّقُونَهُ. (اللازمة)
He hath showed strength with His arm; He hath scattered the proud in the imagination of their hearts. (Refrain)	صَنَعَ عِزًّا بِسَاعِدِهِ، وَشَتَّتَ الْمُتَكَبِّرِينَ بِذَهْنِ قُلُوبِهِمْ. (اللازمة)
He hath put down the mighty from their seat, and hath exalted the humble and meek. He hath filled the empty with good things, and the rich hath He sent empty away. (Refrain)	حَطَّ الْمُقْتَدِرِينَ عَنِ الْكُرَاسِيِّ وَرَفَعَ الْمُتَوَاضِعِينَ، مَلَأَ الْجِياعَ مِنَ الْخَيْرَاتِ، وَالْأَغْنِيَاءَ أَرْسَلَهُمْ فَارِغِينَ. (اللازمة)
He remembering His mercy hath helped His servant Israel, as He promised to our forefathers, Abraham and his seed forever. (Refrain)	عَضَدَ إِسْرَائِيلَ فَتَاهُ لِيَذْكَرَ رَحْمَتَهُ، كَمَا قَالَ لِأَبَائِنَا إِبْرَاهِيمَ وَنَسْلِهِ إِلَى الْأَبَدِ. (اللازمة)
<b>Ode 9.</b> O virgin Mother, truly the birth-giver of God, who didst conceive without seed Christ our God, elevated in the flesh on the Cross, these happenings all we believers now magnify, as is meet.	(التاسعة) أَيَّتُهَا الْأُمُّ الْعَذْرَاءُ، وَالِدَةُ الْإِلَهِ بِالْحَقِيقَةِ، يَا مَنْ وَلَدَتْ خُلُوعًا مِنْ زَرْعِ الْمَسِيحِ إِلَيْنَا، الَّذِي رُفِعَ بِالْجَسَدِ عَلَى الصَّلِيبِ، نُعْظِمُكَ الْآنَ مَعَهُ، نَحْنُ الْمُؤْمِنِينَ، بِوَجِبِ الْاسْتِثْهَالِ.
<b>THE LITTLE LITANY</b>	
<b>Deacon:</b> Again and again, in peace, let us pray to the Lord. <b>Choir:</b> Lord, have mercy.	<b>الشماس:</b> أَيْضًا وَأَيْضًا بِسَلَامٍ إِلَى الرَّبِّ نَطْلُبُ. <b>الجوق:</b> يَا رَبُّ ارْحَمْ.
<b>Deacon:</b> Help us; save us; have mercy on us; and keep us, O God, by Thy grace. <b>Choir:</b> Lord, have mercy.	<b>الشماس:</b> أَعْضُدْ وَخَلِّصْ وَارْحَمْ وَاحْفَظْنَا يَا اللَّهُ بِنِعْمَتِكَ. <b>الجوق:</b> يَا رَبُّ ارْحَمْ.
<b>Deacon:</b> Calling to remembrance our all-holy, immaculate, most-blessed and glorious Lady Theotokos and ever-virgin Mary, with all the saints: let us commend ourselves and each other, and all our life unto Christ our God. <b>Choir:</b> To Thee, O Lord.	<b>الشماس:</b> بَعْدَ ذِكْرِنَا الْكَلِيَّةِ الْقَدَّاسَةِ، الطَّاهِرَةِ، الْفَائِقَةِ الْبَرَكَاتِ الْمَجِيدَةِ، سَيِّدَتِنَا وَالِدَةِ الْإِلَهِ الدَّائِمَةِ الْبَتُولِيَّةِ مَرِيَمَ مَعَ جَمِيعِ الْقَدِيسِينَ، لِنُودِعَ أَنْفُسَنَا وَبَعْضُنَا بَعْضًا وَكُلَّ حَيَاتِنَا لِلْمَسِيحِ الْإِلَهِ. <b>الجوق:</b> لَكَ يَا رَبُّ.
<b>Priest:</b> For all the powers of Heaven praise Thee, and unto Thee do they ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages. <b>Choir:</b> Amen.	<b>الكاهن:</b> لِأَنَّهُ إِيَّاكَ تَسْبِّحُ كُلُّ قُوَّاتِ السَّمَاوَاتِ، وَلَكَ يُرْسَلُونَ الْمَجْدَ أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُّسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. <b>الجوق:</b> آمِينَ.
Holy is the Lord our God. (THRICE)	قُدُّوسٌ هُوَ الرَّبُّ إِلَهُنَا. (ثَلَاثًا)



Exalt ye the Lord our God, and worship at His footstool, for He is holy.	إِرْفَعُوا الرَّبَّ إِلَهَنَا، وَاسْجُدُوا لِمَوْطِي قَدَمَيْهِ، لِأَنَّ الرَّبَّ إِلَهَنَا قُدُّوسٌ هُوَ.
<b>THE SEVENTH EOTHINON EXAPOSTEILARION IN TONE TWO</b> (*Upon that mount in Galilee*)	
Alas, they took the Lord away; * as soon as Mary said this, * then Simon Peter ran in haste * to the tomb with that other * initiate loved by Jesus; * and when they both came running, * they found the linen clothes within * set apart from the napkin * once on His head, * each abandoned, cast off, and lying sep'rate. * And so again they held their peace, * until they had beheld Christ.	عِنْدَمَا قَالَتْ مَرْيَمُ قَدْ حَمَلُوا رَبِّي، أُسْرِعَ إِلَى الْقَبْرِ سِمْعَانَ بُطْرُسَ، وَمُسَارَ الْمَسِيحِ الْآخَرَ الَّذِي كَانَ يُحِبُّهُ، فَحَضَرَا كِلَاهُمَا فَوَجَدَا الْأَكْفَانَ دَاخِلًا مَوْضُوعَةً وَحَدَهَا، وَالْعِمَامَةَ الَّتِي كَانَتْ عَلَى رَأْسِهِ مُنْعَزَلَةً نَاحِيَةً، لِذَلِكَ اسْتَقَرَّا إِلَى أَنْ أَبْصَرَا الْمَسِيحَ حَقًّا.
<b>THE EXAPOSTEILARION &amp; THEOTOKION FOR THE HOLY CROSS IN TONE TWO</b> (*Upon that mount in Galilee*)	
Seeing today the precious Cross of Christ laid down, let us adore it in faith, rejoicing, and embrace it with longing, imploring the Lord Who on it was willingly crucified, to make us worthy to adore the precious Cross, and to reach the day of Resurrection free of all condemnation.	إِنَّنَا الْيَوْمَ إِذْ نَرَى صَلِيبَ الْمَسِيحِ الْكَرِيمِ، فَلْنَسْجُدْ بِإِيمَانٍ لَهُ، وَلْنُصَافِحْهُ بِفَرَحٍ، مُبْتَهِلِينَ لِلَّذِي صُلِبَ بِاخْتِيَارِهِ، لِكَيْمَّا يُؤَهِّلُنَا جَمِيعًا لِلْسُّجُودِ لِلصَّليبِ الْكَرِيمِ، وَنَبْلُغَ مَعًا نَهَارَ الْقِيَامَةِ الْبَهِيِّ، خُلُوعًا مِنْ دَيْنُونَةٍ.
O most pure one, in true worship we now adore the Tree on which thy Son stretched out His pure hands, nailed thereto. Wherefore, grant us safety, and arrival at the adoration of the all-revered Passion of salvation, and the all-brilliant Pascha Day that giveth joy to the world.	يَا كَلِيَّةَ النَّقَاوَةِ، نَجْنُو بِحُسْنِ عِبَادَةٍ لِلْعُودِ الَّذِي بَسَطَ ابْنُكَ عَلَيْهِ يَدَيْهِ الطَّاهِرَتَيْنِ، إِذْ سَمَرَ. فَاْمُنْحِنَا السَّلَامَةَ، لِنَبْلُغَ بِهَا السُّجُودَ إِلَى الْأَلَامِ الْبَاعِثَةِ الْخَلَاصِ، وَإِلَى يَوْمِ الْفِصْحِ السَّيِّدِيِّ الْكُلِّيِّ ضِيَاؤُهُ، وَالْمُبْهَجِ الْعَالَمِ.
<b>AINOI (PRAISES) IN TONE SEVEN</b>	
Let everything that hath breath, praise the Lord. Praise ye the Lord from the heavens; praise Him in the heights. To Thee, O God is due our song.	كُلُّ نَسَمَةٍ فَلْتَسَبِّحِ الرَّبَّ. سَبِّحُوا الرَّبَّ مِنَ السَّمَاوَاتِ، سَبِّحُوهُ فِي الْأَعَالِي، لِأَنَّهُ لَكَ يَلِيقُ التَّنْسِيحُ يَا اللَّهُ.
Praise ye Him, all His angels; praise ye Him, all His hosts. To Thee, O God, is due our song.	سَبِّحُوهُ يَا جَمِيعَ مَلَائِكَتِهِ، سَبِّحُوهُ يَا سَائِرَ قُوَاتِهِ، لِأَنَّهُ لَكَ يَلِيقُ التَّنْسِيحُ يَا اللَّهُ.
<b>For the Resurrection in Tone Seven</b>	
<i>Verse 1. This glory shall be to all His saints.</i> Christ hath risen from the dead, loosening the bonds of Death. Be of good cheer, and of	1- هَذَا الْمَجْدُ يَكُونُ لِجَمِيعِ أَنْبِرَارِهِ. لَقَدْ قَامَ الْمَسِيحُ مِنْ بَيْنِ الْأَمْوَاتِ حَالًا عِقَالَاتٍ

<p>great joy, and, O Heavens, praise the glory of God.</p>	<p>المَوْتِ، فاستبشيري أيتها الأرض بالفرح الأعظم، ويا سماوات سبحي مجد الله.</p>
<p><i>Verse 2. Praise God in His sanctuary: praise Him in the firmament of His power.</i> Seeing the Resurrection of Christ, let us worship the holy Lord Jesus, Who alone is blameless of all error.</p>	<p>2- سَبِّحُوا اللَّهَ فِي قَدَيْسِيهِ، سَبِّحُوهُ فِي فَالِكِ قُوَّتِهِ. إِذْ قَدْ رَأَيْنَا قِيَامَةَ الْمَسِيحِ، فَلِنَسْجُدْ لِلرَّبِّ الْقُدُّوسِ يَسُوعَ الْبَرِيِّ مِنْ الْخَطَا وَحْدَهُ.</p>
<p><i>Verse 3. Praise Him for His mighty acts: praise Him according to His excellent greatness.</i> Verily, we cease not worshipping the Resurrection of Christ; for we are saved from our sins. Holy, therefore, is the Lord Jesus Who didst manifest the Resurrection.</p>	<p>3- سَبِّحُوهُ عَلَى مَقْدِرَتِهِ، سَبِّحُوهُ نَظِيرَ كَثْرَةِ عَظَمَتِهِ. إِنَّا لَا نَقْتَرُ مِنَ السُّجُودِ لِقِيَامَةِ الْمَسِيحِ، لِأَنَّهُ قَدْ خَلَّصَنَا مِنْ آثَامِنَا، فَقُدُّوسٌ هُوَ الرَّبُّ يَسُوعُ الَّذِي أَظْهَرَ الْقِيَامَةَ.</p>
<p><i>Verse 4. Praise Him with the sound of the trumpet. Praise Him with the psaltery and harp.</i> With what shall we reward the Lord for all that He hath given us? For God, for our sakes, dwelt among men; and for corrupt nature the Word became flesh and lived among us. Yea, He hath done this, the Benefactor of ingrates, the Savior of captives, the Sun of justice to those lying in darkness, the Passionless on the Cross, the Light in Hades, the Life in death, and the Resurrection of the fallen. Wherefore, do we cry to Him: O our God, glory to Thee.</p>	<p>4- سَبِّحُوهُ بِأَخْنِ الْبُوقِ، سَبِّحُوهُ بِالْمَزْمَارِ وَالْقِيَارَةِ. بِمَاذَا نُكَافِي الرَّبَّ عَنْ كُلِّ مَا أَعْطَانَا؟ لِأَنَّ الْإِلَهَ مِنْ أَجْلِنا سَاكِنَ الْبَشَرِ، وَمِنْ أَجْلِ الطَّبِيعَةِ الْمُفْسُودَةِ صَارَ الْكَلِمَةُ لَحْمًا وَحَلَّ فِيْنَا، وَالْمُحْسِنُ لِلْعَادِمِي الشُّكْرِ، وَالْمُنْقِذُ لِلْمَسْبُوبِينَ، وَشَمْسُ الْعَدْلِ لِلتَّائِبِينَ فِي الظَّلَامِ، وَغَيْرُ الْمُتَأَلِّمِ عَلَى الصَّلِيبِ، وَالنُّورُ فِي الْجَحِيمِ، وَالْحَيَاةُ فِي المَوْتِ، وَالْقِيَامَةُ لِلسَّاقِطِينَ. فَلِذَلِكَ نَهْتَفُ إِلَيْهِ: يَا إِلَهَنَا الْمَجْدُ لَكَ.</p>
<p><b>For the Third Sunday of Great Lent in Tone Four (**As one valiant**)</b></p>	
<p><i>Verse 5. Praise Him with the timbrel and dance; praise Him with stringed instruments and organs.</i> Let us shout with exultant voice, * let us sing joyous songs of praise, * let us kiss the ven'erable Cross with faith and love; * and let us lift up our voice and cry: O all-blessed Cross of Christ, * bless and sanctify our souls * and our bodies by thy great might; * and preserve unharmed * from all kinds of affliction by our adversaries us who now with gladness * offer thee worship in piety.</p>	<p>5- سَبِّحُوهُ بِالطَّبَلِ وَالْمَصَافِ. سَبِّحُوهُ بِالْأُوتَارِ وَأَلَّةِ الطَّرَبِ. لِنَهْلَلِ بِالنَّعْمَاتِ، وَنُعَظِّمَ بِالتَّسَابِيحِ، صَلِيبَ الرَّبِّ الْكَرِيمِ، مُصَافِحِينَ إِيَّاهُ وَنَهْتَفُ نَحْوَهُ: قَدِّسْنَا بِقُوَّتِكَ، نُفُوسًا وَأَجْسَادًا، أَيُّهَا الصَّلِيبُ الْكُلِّيُّ وَقَارُهُ، وَمِنْ أَضْرَارِ الْمُضَادِّينَ احْفَظْنَا، وَصُنَّا نَحْنُ الْجَائِثِينَ لَكَ بِحُسْنِ عِبَادَةٍ.</p>
<p><i>Verse 6. Praise Him upon the loud cymbals:</i></p>	<p>6- سَبِّحُوهُ بِنَّعْمَاتِ الصُّنُوجِ. سَبِّحُوهُ بِصُنُوجِ</p>

<p><i>praise Him upon the high-sounding cymbals. Let everything that hath breath praise the Lord.</i></p> <p>Let us shout with exultant voice, * let us sing joyous songs of praise, * let us kiss the ven'erable Cross with faith and love; * and let us lift up our voice and cry: O all-blessed Cross of Christ, * bless and sanctify our souls * and our bodies by thy great might; * and preserve unharmed * from all kinds of affliction by our adversaries us who now with gladness * offer thee worship in piety.</p>	<p>التَّهْلِيلِ. كُلُّ نَسَمَةٍ فَلْتَسَبِّحِ الرَّبَّ. سَبِّحُوهُ بِالطَّبْلِ وَالْمَصَافِ. سَبِّحُوهُ بِالْأُوتَارِ وَالْآلَةِ الطَّرَبِ. لِنَهْلِلَ بِالنَّعْمَاتِ، وَنُعْظِمَ بِالتَّسَابِيحِ، صَلِيبَ الرَّبِّ الْكَرِيمِ، مُصَافِحِينَ إِيَّاهُ وَنَهْتِفُ نَحْوَهُ: قَدِّسْنَا بِقُوَّتِكَ، نُفُوساً وَأَجْسَاداً، أَيُّهَا الصَّلِيبُ الْكُلِّيُّ وَقَارُهُ، وَمِنْ أَضْرَارِ الْمُضَادِّينَ احْفَظْنَا، وَصُنَّا نَحْنُ الْجَائِثِينَ لَكَ بِحُسْنِ عِبَادَةٍ.</p>
<p><i>Verse 7. Exalt ye the Lord our God, and worship at His footstool, for He is holy.</i></p> <p>Come draw forth as though from a spring * the unfailing and mighty streams * pouring from the grace of the Cross of Jesus Christ. * For lo, the holy and precious Wood is set forth for all to see, * as the fountainhead of gifts, * which is watered by the divine * Water and the Blood * of the Master of all, Who of His own will was exalted on it freely * and so exalted all mortal men.</p>	<p>7- اِرْزُقُوا الرَّبَّ أَلْهَنَا وَاسْجُدُوا لِمَوْطِي قَدَمِيهِ، فَاتِّهَ قُدُوسٌ. تَقَدَّمُوا فَاسْتَقُوا الْآنَ مِنْ مِيَاهِ لَا تَفْرَغُ، تَجْرِي مِنْ جَدَاوِلِ نَعِيمِ الصَّلِيبِ. إِذْ نَرَى الْعُودَ الْمُقَدَّسَ، يَنْبُوعِ الْمَوَاهِبِ، مَوْضُوعاً أَمَامَنَا. الْمُرْتَوِي مِنَ الدَّمِ وَالْمَاءِ الْجَارِيَيْنِ مِنْ سَيِّدِ الْكُلِّ، مَنْ رُفِعَ بِاخْتِيَارِهِ عَلَيْهِ، كَيْ يَرْفَعَ الْبَشَرَ.</p>
<p><i>Verse 8. God is our King before the ages; He has worked salvation in the midst of the earth.</i></p> <p>The foundation of holy Church, * the adornment and gem of monks, * and the boast and joy and salvation of God's priests * art thou, O all-honored Cross. And for this cause, as we worship thee, * we this day in heart and soul * are enlightened by the divine * grace of Him that once * was affixed unto thee and hath destroyed the might and rule of the deceiver * and hath abolished the ancient curse.</p>	<p>8- اللَّهُ مَلِكُنَا مِنْ قَبْلِ الدُّهُورِ، صَنَعَ خَلَاصاً فِي وَسْطِ الْأَرْضِ. أَنْتِ رُكْنٌ مُوْطِدٌ لِلْكَنِيسَةِ وَالْمُلُوكِ، فَخَرٌّ وَخَلَاصٌ لِلْمُتَوَجِّدِينَ، أَيُّهَا الصَّلِيبُ الْمَوْقَّرُ. لِذَلِكَ نَجْتَوِ لَكَ، مُسْتَنْتِرِينَ الْيَوْمَ، بِقُلُوبِنَا وَالنُّفُوسِ، بِنِعْمَةٍ مَنْ قَدْ بَسَطَ عَلَيْكَ الْإِلَهِيَّةَ، مُحَطِّمًا بِأَسِ الْغَاشِ، وَمُبِيداً قُوَّةَ اللَّعْنَةِ.</p>
<p><b>THE DOXASTICON FOR THIRD SUNDAY OF LENT IN TONE EIGHT</b></p>	
<p><i>Glory to the Father, and to the Son, and to the Holy Spirit.</i></p> <p>The Lord of all taught us by a proverb to run away from the haughtiness of the evil Pharisees; and instructed all not to exalt themselves in their opinions from duty, having Himself become a Symbol and an Exemplar, emptying Himself unto the Cross and death. Wherefore, with the publican, let</p>	<p>المَجْدُ لِلآبِ، وَالابْنِ، وَالرُّوحِ الْقُدُسِ. إِنَّ رَبَّ الْكُلِّ، قَدْ عَلَّمَ بِمَثَلِ بَأْسِ نَهْرَبِ مَنْ شُمُوحِ الْفَرِيسِيِّينَ الْأَرْدِيَاءِ، وَأَدَّبَ الْجَمِيعَ كَيْ لَا يَتَرَفَّعُوا بِأَرَائِهِمْ عَنِ الْوَاجِبِ، إِذْ صَارَ هُوَ نَفْسُهُ رَسْماً وَنُموذجاً، وَأَفْرَعُ ذَاتَهُ حَتَّى إِلَى الصَّلِيبِ وَالْمَوْتِ. فَلْنَرْفَعْ لَهُ الشُّكْرَ مَعَ الْعَشَارِ قَائِلِينَ: يَا</p>

us offer Him thanks, saying, O Thou Who didst suffer for our sakes and remained an unsuffering God, deliver us from sufferings and save our souls.	مَنْ تَأَلَّمَ مِنْ أَجْلِنَا، وَلَبِثَ إِلَهًا غَيْرَ مَأْلُومٍ، نَجِّنَا مِنْ الْآلَامِ، وَخَلِّصْ نَفُوسَنَا.
<i>Both now and ever, and unto ages of ages. Amen.</i> Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.	الآن وكلّ أوانٍ وإلى دهرِ الداهرين، آمين. أَنْتِ هِيَ الْفَائِقَةُ عَلَى كُلِّ الْبَرَكَاتِ، يَا وَالِدَةَ الْإِلَهِ الْعَذْرَاءِ، لِأَنَّ الْجَحِيمَ قَدْ سُيِّبَتْ بِوَاسِطَةِ الْمُتَجَسِّدِ مِنْكَ، وَآدَمَ دُعِيَ ثَانِيَةً، وَاللَّعْنَةَ بَادَتْ، وَحَوَاءَ انْعَثَقَتْ، وَالْمَوْتَ أُمِيتَ، وَنَحْنُ قَدْ حَيِينَا. فَلِذَلِكَ نُسَبِّحُ هَاتِفِينَ: مُبَارَكٌ أَنْتَ أَيُّهَا الْمَسِيحُ إِلَهَنَا، يَا مَنْ هَكَذَا سُرَّ، الْمَجْدُ لَكَ.
<b>THE GREAT DOXOLOGY IN TONE EIGHT</b>	
Glory to Thee, who has shown us the Light. Glory to God in the highest, and on earth peace, good will among men.	الْمَجْدُ لَكَ يَا مُظْهِرَ النُّورِ، الْمَجْدُ لِلَّهِ فِي الْعَلَاءِ، وَعَلَى الْأَرْضِ السَّلَامُ، وَفِي النَّاسِ الْمَسْرَّةُ.
We praise thee, we bless Thee, we worship Thee, we glorify Thee, we give thanks unto Thee for Thy great glory.	نُسَبِّحُكَ نُبَارِكُكَ، نَسْجُدُ لَكَ نُمَجِّدُكَ، نَشْكُرُكَ مِنْ أَجْلِ عَظِيمِ جَلَالِ مَجْدِكَ.
O Lord, heavenly King, God the Father Almighty; O Lord, the only begotten Son, Jesus Christ; and the Holy Spirit.	أَيُّهَا الرَّبُّ الْمَلِكُ، السَّمَاوِيِّ، الْإِلَهِ، الْآبُ الضَّابِطُ الْكُلُّ. أَيُّهَا الرَّبُّ الْإِبْنُ الْوَحِيدُ، يَا يَسُوعَ الْمَسِيحِ، وَيَا أَيُّهَا الرُّوحُ الْقُدُسُ.
O Lord God, Lamb of God, Son of the Father, that takest away the sin of the world, have mercy on us, thou that takest away the sins of the world.	أَيُّهَا الرَّبُّ الْإِلَهِ، يَا حَمَلَ اللَّهِ يَا ابْنَ الْآبِ، يَا رَافِعَ خَطِيئَةَ الْعَالَمِ أَرْحَمْنَا، يَا رَافِعَ خَطَايَا الْعَالَمِ.
Receive our prayer, Thou that sittest at the right hand of the Father, and have mercy on us.	تَقَبَّلْ تَضَرُّعَنَا أَيُّهَا الْجَالِسُ عَنْ يَمِينِ الْآبِ وَارْحَمْنَا.
For Thou only art holy, Thou only art the Lord, O Jesus Christ, to the Glory of God the Father. Amen.	لَأَنَّكَ أَنْتَ وَحْدَكَ قُدُّوسٌ، أَنْتَ وَحْدَكَ الرَّبُّ يَسُوعُ الْمَسِيحُ، فِي مَجْدِ اللَّهِ الْآبِ، آمِينَ.
Every day will I bless Thee, and I will praise Thy Name forever; yea, forever and ever.	فِي كُلِّ يَوْمٍ أَبَارِكُكَ، وَأَسَبِّحُ اسْمَكَ إِلَى الْأَبَدِ، وَإِلَى أَبَدِ الْأَبَدِ.
Vouchsafe, O Lord, to keep us this day without sin.	أَهْلِنَا يَا رَبُّ أَنْ نُحْفَظَ فِي هَذَا الْيَوْمِ بِغَيْرِ خَطِيئَةٍ.
Blessed art Thou, O Lord God of our Fathers, and praised and glorified be Thy Name	مُبَارَكٌ أَنْتَ يَا رَبُّ إِلَهَ آبَائِنَا، وَمُسَبِّحٌ وَمُمَجَّدٌ

forever. Amen.	اسْمُكَ إِلَى الْأَبَدِ، آمِينَ.
Let Thy mercy, O Lord, be upon us, as we do put our hope in thee.	لِتَكُنْ يَا رَبُّ رَحْمَتُكَ عَلَيْنَا، كَمَا نَجْعَلُ أَسْوَاقَنَا عَلَيْكَ.
Blessed art Thou, O Lord: teach me Thy statutes. ( <i>thrice</i> )	مُبَارَكٌ أَنْتَ يَا رَبُّ عَلَّمْنِي حُقُوقَكَ. (ثَلَاثًا)
Lord, Thou hast been our refuge in all generations. I said: Be merciful unto me; heal my soul, for I have sinned against Thee.	يَا رَبُّ مَلْجَأٌ كُنْتُمْ لَنَا فِي جِيلٍ وَجِيلٍ، أَنَا قُلْتُ يَا رَبُّ ارْحَمْنِي وَاشْفِ نَفْسِي لِأَنِّي قَدْ خَطَبْتُ إِلَيْكَ.
Lord, I have fled unto Thee: teach me to do Thy will, for Thou art my God.	يَا رَبُّ إِلَيْكَ لَجَأْتُ فَعَلِّمْنِي أَنْ أَعْمَلَ رِضَاكَ، لِأَنَّكَ أَنْتَ هُوَ إِلَهِي.
For with Thee is the fountain of life; in Thy light shall we see light.	لَأَنَّ مِنْ قِبَلِكَ عَيْنَ الْحَيَاةِ، وَبِنُورِكَ نَعَايُنُ النُّورَ.
O continue Thy lovingkindness unto them that know Thee. Holy God, Holy Mighty, Holy Immortal: have mercy on us. ( <i>thrice</i> )	فَابْسُطْ رَحْمَتَكَ عَلَى الَّذِينَ يَعْرِفُونَكَ. قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا. (ثَلَاثًا)
Glory to the Father, and to the Son, and to the Holy Spirit.	الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُّوسِ.
Both now and ever, and unto ages of ages. Amen.	الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.
Holy Immortal, have mercy on us.	قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا.
Holy God, Holy Mighty, Holy Immortal: have mercy on us.	قُدُّوسُ اللَّهِ، قُدُّوسُ الْقَوِيِّ، قُدُّوسُ الَّذِي لَا يَمُوتُ ارْحَمْنَا.

**PROCESSION OF THE HOLY CROSS  
AS DONE ON THE THIRD SUNDAY OF GREAT LENT**

*(See the separate file, which is based on the Liturgikon, P. 428-30)*

- *If the procession is begun as the Great Doxology concludes in Orthros, the final "Holy God, Holy Mighty" is slowly chanted (traditionally, if possible, in the "Agia" style of Tone Four). The Service of the Procession concludes with the troparion below.*
- *If the procession follows "Blessed be the Name of the Lord" in Divine Liturgy, it starts with "Holy God, Holy Mighty" and is chanted in the same style as above, if possible.*

**TROPARION IN TONE EIGHT**

Having risen from the tomb, and having burst the bonds of Hades, Thou didst loose the condemnation of Death, O Lord, releasing all mankind from the snares of the enemy. Having manifested Thyself to Thine Apostles, Thou didst send them forth to proclaim Thee; and through them Thou hast	إِذْ قُمْتَ يَا رَبُّ مِنَ الْقَبْرِ، وَقَطَعْتَ رِبَاطَاتِ الْجَحِيمِ، غَلَبْتَ حُكُومَةَ الْمَوْتِ، وَأَنْقَذْتَ الْكُلَّ مِنْ فِخَاخِ الْعَدُوِّ، وَلَمَّا أَظْهَرْتَ ذَاتَكَ لِرُسُلِكَ أَرْسَلْتَهُمْ إِلَى الْكِرَازَةِ، وَمَنْحْتَ بِهِمْ سَلَامَكَ لِلْمَسْكُونَةِ يَا
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granted Thy peace unto the civilized world, O  
Thou Who alone art plenteous in mercy.

جَزِيلَ الرَّحْمَةِ وَحَدَّكَ.

*These texts have been prepared by **the Department of Liturgics of the Antiochian Archdiocese** Portions of the Archdiocesan Service Texts include texts from The Menaion, The Great Horologion, The Pentecostarion, The Octoechos, and The Psalter of the Seventy, which are Copyright © Holy Transfiguration Monastery, Brookline, Massachusetts, and are used with permission. All rights reserved. These works may not be further reproduced, beyond printing out a single copy for personal non-commercial use, without the prior written authorization of Holy Transfiguration Monastery.*